

Workout ideas

HITT session:

30 seconds on, 20 seconds off. Repeat two/three times if you can.

High knees



Plank



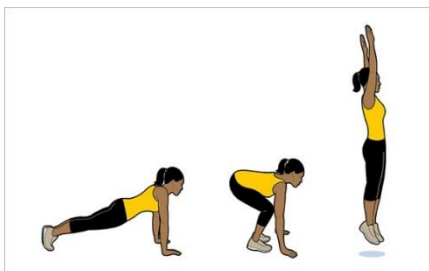
Star Jumps



Crunches



Burpees



Heel Touches



Circuit

60 seconds on 20 off. Once round the whole circuit.

Step ups on bottom stair



Ski sits against wall



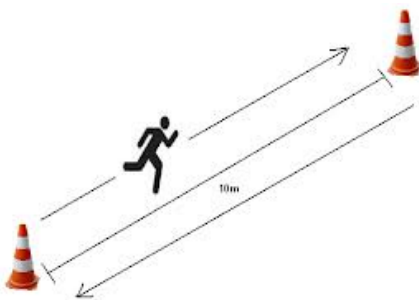
Bicep curls with tin of beans or similar!



Skipping with rope



Shuttle runs in garden



Star jumps



Spotty Dogs

