

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Crab walk squats

# fat and

## core workouts

# arm

## WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commandos

Split push ups

# fat and

## core workouts

# ab

## WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

# fat and

## core workouts

### CIRCUIT ONE

15 Jump squats



### CIRCUIT TWO

20 Boxer jumps (30 sec)



### CIRCUIT ONE

10 Biceps



### CIRCUIT TWO

15 Weighted squat rows & press



### CIRCUIT ONE

50 As 100s (30 sec)

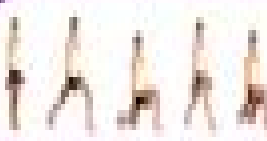


### CIRCUIT TWO

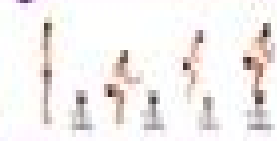
80 Muscle shivers (30 sec)



20 Weighted walking lunges (10 sec x 2)



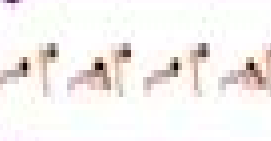
10 Burpee jumps



20 Push ups



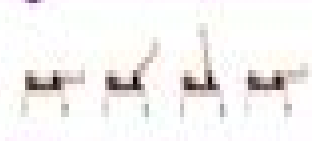
20 Muscle shivers in bench



15 Weighted front leg pike



10 Leg raises in bench



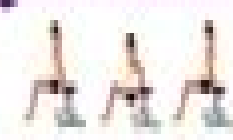
15 Burn squats



20 Knee ups (10 sec)



20 Triceps dips with a chair or bench



20 Commandos (30 sec)



20 Power leg sit ups with feet in air



20 Toe touches



15 Weighted step ups (10 sec)



10 Crab walk squats



20 Plan



15 Split push ups



10 Sit ups



20 Plan



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