AT HOME WORKOUTS

WEEK 4

WORKOUT 1

10 mins AMRAP (as many reps as possible)

At the beginning of each minute perform 5 Burpees

* In the remaining time of each minute, work through 10 Situps, 10 Squats + 10 pushups as many times as you can
* At the 1:00 mark, do 5 burpees then continue on with the 10/10/10 cycle.
* You perform the 5 burpees at the beginning of EVERY minute (10 x)

WORKOUT 2

Jog to the park

Find something to hang from and hang as long as you can

Find a flat field and do 100 walking lunges as quickly as you can

Hang as long as you can again

Jog home

Stretch it out!

WORKOUT 3

:60 / :60 Intervals (16-32 mins)

Pick 4 exercises and alternate between them (eg: squat Jumps + KB Swings)

EG:

Squat Jump for 60s

REST for 60s

KB Swing for 60s

REST for 60s

Burpees for 60s

REST for 60s

Situps for 60s

REST for 60s

Repeat for 2-4 rounds of each movement.