

WEEKS 1 & 3

Monday		LEGS		Wednesday		ARMS & ABS		Friday		FULL BODY	
CIRCUIT ONE		CIRCUIT TWO		CIRCUIT ONE		CIRCUIT TWO		CIRCUIT ONE		CIRCUIT TWO	
Knee Up	24 reps (12 per side)	Static Lunge	24 reps (12 per side)	Mountain Climber	30 reps (15 per side)	Snap Jump	15 reps	X Jump	16 reps (8 per side)	Russian Twist	24 reps (12 per side)
Burpee	10 reps	Jump Squat	15 reps	Bent Leg Raise	15 reps	Russian Twist	24 reps (12 per side)	Tricep Dip	15 reps	Burpee	10 reps
Sumo Squat	15 reps	Reverse Lunge & Knee Lift	24 reps (12 per side)	Lay Down Push Up	10 reps	Incline Push Up	15 reps	Bent Leg Raise	15 reps	Incline Push Up	15 reps
X Jump	16 reps (8 per side)	Skipping	50 reps	Ab Bike	30 reps (15 per side)	Tricep Dip	15 reps	Mountain Climber	30 reps (15 per side)	Skipping	50 reps

WEEKS 2 & 4

Monday		LEGS		Wednesday		ARMS & ABS		Friday		FULL BODY	
CIRCUIT ONE		CIRCUIT TWO		CIRCUIT ONE		CIRCUIT TWO		CIRCUIT ONE		CIRCUIT TWO	
Static Lunge	24 reps (12 per side)	High Knees	50 reps (25 per side)	Straight Leg Sit Up	15 reps	Outward Snap Jump	15 reps	Commando	16 reps (8 per side)	Dumbbell Curl & Press	10 reps
Split Squat	15 reps	Squat	15 reps	Push Up	10 reps	Side Crunch (On Back)	20 reps (10 per side)	Split Squat	15 reps	High Knees	50 reps (25 per side)
Dumbbell Squat & Press	15 reps	Broad Jump	15 reps	Dumbbell Curl & Press	10 reps	Commando	16 reps (8 per side)	Lateral Lunge	16 reps (8 per side)	Straight Leg Sit Up	15 reps
Step Up	24 reps (12 per side)	Lateral Lunge	16 reps (8 per side)	Plank	30 secs	Straight Leg Raise	15 reps	Straight Leg Raise	15 reps	Broad Jump	15 reps