



Body Blast

Time

15 Minutes

Warm Up

Jogging on the spot for 3 x 1 minute.

3 x 1 Minute of Shadow Boxing.

Circuit

No Rest between each exercise. Rest for 2 Minutes between rounds.

Exercise	Round 1	Round 2	Round 3
Star Jumps	20 Reps	20 Reps	20 Reps
Press Ups	10 Reps	10 Reps	10 Reps
Sit Ups	10 Reps	10 Reps	10 Reps
Squats	10 Reps	10 Reps	10 Reps
Burpees	5 Reps	5 Reps	5 Reps
Squat Jumps	5 Reps	5 Reps	5 Reps
Lunges	10 Reps	10 Reps	10 Reps
High Knees	20 Reps	10 Reps	10 Reps
Diamond Press Up	5 Reps	5 Reps	5 Reps

Cool Down

Slow jog on the spot with shaking of the arms and the legs.

Full body stretches – PDF downloadable from Website.