



Upper Body Circuit 1

Equipment

Towel Needed

Time

30 Minutes

Warm Up

Jogging on the spot with interval sprints of 10,15,20,25,30 seconds.

3 x 1 Minute of Shadow Boxing.

Circuit

Rest for 15 seconds between each exercise and rest for 2-3 minutes between each round.

Exercise	Round 1	Round 2	Round 3
Press Up	60 Seconds	60 Seconds	45 seconds
Chair Tricep Dip	60 Seconds	60 Seconds	45 Seconds
Straight Punches	60 Seconds	60 Seconds	45 seconds
Overhead Punches	60 Seconds	60 Seconds	45 Seconds
Towel Wring	60 Seconds	60 Seconds	45 Seconds

Cool Down

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

Full body stretches – PDF downloadable from Website.