



Workout A1

Circuit 1

Goblet Squat 3x8

Push up 3x8

Sit up 3x8

Circuit 2

High knees 3x30s

Plank shoulder tap 3x8e

Figure 4 crunch 3x8e

Circuit 3

Back Lunge 3x8e

½ kneel oh press 3x8e

Leg lift 3x8