

Week 3 work out

Exercise	sets	time	comments
Plank walk out into 1 donkey kick No weights needed	x3 rounds	30sec on 10sec rest	
Over head weighted toe taps Using 1 dumbbell (2-5kg)	x3 rounds	30sec on 10sec rest	
Yoga flow pressup No weights needed	x3 rounds	30sec on 10sec rest	
Single leg lunge twist and hold down after 4 but keep twisting. 1 dumbbell needed (2-5kg)	x3 rounds	30sec on 10sec rest	
Repeat the exercise above to the other side	x3 rounds	30sec on 10sec rest	
Weight single leg arabesques Using both dumbbells 2-5kg	x3 rounds	30sec on 10sec rest Then repeat to the other side	
Repeat the exercise above to the other side	x3 rounds	30sec on 10sec rest	
Burpee box jump no weights needed	x3 rounds	30sec on 10sec rest	
Press up into plank side walks for 3. No weights needed	x3 rounds	30sec on 10sec rest	

Remember to stretch & foam roll for 10mins after the workout!