

Week 5 work out

Exercise	sets	time	comments
Weighted sumo walks Using 1 dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
Plank weighted punches Using both dumbbells (2-5kg)	x4 rounds	30sec on 10sec rest	
Plank straight leg hops No weights needed	x4 rounds	45sec on 20sec rest And then repeat to the other side straight after.	
Lateral lunge punches Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest	
Plank walk outs, tuck jumps No weights needed	x4 rounds	30sec on 10sec rest	
Punching V- Sit up Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest Then repeat to the other side	
Low squat curtsy walks Using 1 dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
6 mountain climbers into 1 burpee No weights needed	x4 rounds	45sec on 20sec rest Now perform to the other side	

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