

Exercise	sets	time	comments
Renegater row into press up Using both dumbbells (2-5kg)	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
squat pulse into 2 tuck jumps No weights needed	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
Shoulder press V-Sit up Using both dumbbells (2-5kg)	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
3 plank tuck jumps into 2 standing bent over rows Using both dumbbells (2-5kg)	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
Plank walk ups, jump back No weights needed	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
Sit up combo No weights needed	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
Plank knee crunch into plank shin taps No weights needed	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
4 lunge twists into 6 forward punches Using both dumbbells (2-5kg)	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	
Forward squat jump 10 high knees back No weights needed	x4 rounds	Round 1: 45sec on 20sec rest 2: 30sec on 15sec rest 3: 20sec on 10sec rest 4:20sec on 10sec rest	

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