

Exercise	sets	time	comments
<b>Straight leg deadlift squat</b> Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest	
<b>Squat jump into 6 Sumo back walks</b> No weights needed	x4 rounds	45sec on 20sec rest	
<b>Press up into weighted drag through</b> Using one dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
<b>Twisted jump plank walks</b> No weights needed	x4 rounds	45sec on 20sec rest	
<b>Legs in the air sit up</b> Using one dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
<b>Plank frog jumps</b> No weights needed	x4 rounds	45sec on 20sec rest	
<b>Alternate lunge jump into 4 punches</b> Using both dumbbells (2-5kg)	x4 rounds	45sec on 20sec rest	
<b>Side crunches</b> No weights needed	x4 rounds	45sec on 20sec rest	
<b>Weighted squat press jump</b> Using one dumbbell (2-5kg)	x4 rounds	45sec on 20sec rest	
<b>Side crunches (to the other side)</b> No weights needed	45sec on 20sec rest	45sec on 20sec rest	

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