

WORKOUT 1



Format: Partner workout

You Go I Go

Duration: 10mins

5 Air Squats 5 Star Jumps 5 Sit ups

Air Squats

- Feet shoulder width
- Back straight
- Knees track toes
- Hips pass below knees
- Keep chest up
- Look straight ahead

Star Jumps

- Jump legs apart and arms at same time
- Wide leg bass
- Bring legs and arms back to centre and repeat

Sit Ups

- Lie flat on back
- Knees bent, feet flat on floor
- Extend arms above head
- Sit up and touch toes and repeat

Note: If unable to pull yourself up then hold backs of upper legs to assist you

