

Circuit One

2x7min

Push Ups (On Knees)

15 REPS



Straight Leg Raises

15 REPS



Toe Taps

15 REPS



Plank

30 SECS



Circuit Two

2x7min

Lay Down Push Ups (On Knees)

15 REPS



Straight Leg Sit Ups

15 REPS



Tricep Dips

15 REPS



Ab Bikes

30 REPS
15 PER SIDE



Cool Down - Upper Body Stretch Routines (see page 85)

Pre-Training Week 1 Thursday - LISS (35-45 mins)

Gratis 1week Training Guide Kayla

Dale L. Roberts



Gratis 1week Training Guide Kayla:

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