

DIY WORKOUTS

NOTE: Always warm up before doing any exercise. Easy star jumps, running on the spot, glute bridges, leg and arm swings etc.

Perform each exercise back to back without a break in between. Do as many reps as possible with good form.

- **Squats – 30 sec**
- **Mountain Climbers – 30 sec**
- **Star Jumps – 30secs**
- **Burpees – 30 seconds**

Rest 60 seconds in between. Repeat 3 times

If you don't have a timer you can do it for reps instead. E.g.

- **Squats – 30 reps**
- **Mountain climbers – 50 shuffles**
- **Star Jumps 50 reps**
- **Burpees 10-15 reps**

Rest 60 seconds in between. Repeat 3 times.

Other body weight exercises you can use to make up a circuit (depending on your level of fitness) are:

- Squat Jumps
- Push ups (and variations)
- Burpees with a push up
- Reverse lunges
- Forward lunges
- Step ups (if you have something appropriate to do them on)
- Glute Bridges
- High Knee Sprinting on the spot
- Lying to standing (lying flat on your back then standing up)

And to adjust for your fitness levels you can

- Add or remove exercises to the circuit
- Increase or decrease interval periods or number of reps
- Increase / decrease or add in extra rest periods
- Use harder or easier exercises

SKIPPING OPTIONS

Skip for time – build up to a challenging goal e.g. 10 mins non stop

Skip for intervals e.g.

- 30 seconds sprint, 30 seconds rest or easy pace
- 40 seconds sprint, 20 seconds rest or easy pace
- 60 seconds sprint, 30 seconds rest or easy pace

Choose an interval ratio that is challenging but doable and aim to make it harder each time.

PARK / OVAL / BEACH

- Run 1 lap around an oval as fast as possible, then rest for 2 mins
- Do this 5-10 times.
- Set up two points about 70-100 metres apart – sprint up & walk back. Repeat 5-10 times
- Set up 3 points spread about 7 metres apart and do some shuttle runs (suicides) just like we do at the gym. You should be able to get through 1 of these in about 1 minute (give or take), and again. Repeat 5-10 times.
- Hill Sprints – find a big hill, run up it as fast as possible, walk down – repeat 5-10 times. This can be gruelling but is such a great workout, you'll feel your lungs and your legs burn!
- Get on a bike, do some high intensity intervals for time. So sprint hard for 30 or 60 seconds, then rest for 30 or 60 seconds. Repeat.