# **Beginner**

Remember it is important to warm up first,
you can find a great video up now on our facebook page

### Push ups



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

# **Squats**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### **Burpees**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

# **Front Lunges**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

#### **Mountain Climbers**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

#### **Plank**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

# Sit Ups/Crunches



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

# **Triceps' Dips**



Duration: 45 sec

Repetitions: 3

Rest time: 1 min



### **Recreation Facilities**

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