

Beginner

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

Push ups



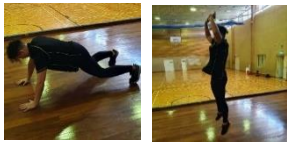
Duration: 45 sec
Repetitions: 3
Rest time: 1 min

Squats



Duration: 45 sec
Repetitions: 3
Rest time: 1 min

Burpees



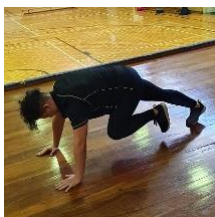
Duration: 45 sec
Repetitions: 3
Rest time: 1 min

Front Lunges



Duration: 45 sec
Repetitions: 3
Rest time: 1 min

Mountain Climbers



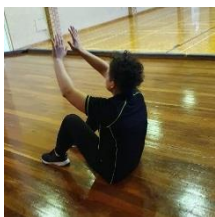
Duration: 45 sec
Repetitions: 3
Rest time: 1 min

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