

Whole body – resistance

Always view the **'before you start'** document prior to beginning.

For every **resistance** exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). **Increase the repetitions to make this harder.**

For every **cardio** exercise, complete intervals of 30 seconds fast and 1 minute cool down, and repeat that 3-4 times (unless otherwise stated). **Increase the 'fast' time to make this harder.**

1 Chest press machine
Alternative: Press ups on your knees



2 Dips
Alternative: Choose your level from the options below



3 Press ups
Alternative: Try press ups on your knees



4 Pull down
Alternative: Row or pull ups



5 Arm bike/Cross trainer/Rower machines
Alternative: Any machine using your arms



6 Shoulder press
Alternative: Standing shoulder press with water bottles



7 Leg press
Alternative: Running on grass or other cardio equipment



8 Sit ups
Alternative: Crunches, half sit ups, or a plank on your knees



9 Plank
Hold for as long as possible x3
Alternative: Try on your knees

