Upper body

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 or full

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. Cross trainer or Rowing Machine
   Alternative: Arm bike, or any other machine that uses your arms

6. Shoulder press
   Alternative: Standing shoulder press with water bottles

If you feel it is getting too easy, try doing this workout TWICE!