Lower 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. Cross trainer or Bike
   Alternative: Running or high knees or other equipment

2. Leg press machine
   Alternative: Lunges or squats

3. Step ups
   Alternative: Pick something you are comfortable stepping up onto, or march on the spot

4. Heel raises
   Alternative: Seated heel raises

5. Treadmill - one word
   Alternative: Running or high knees or other equipment

6. Squats or Lunges
   Alternative: Do the exercise most comfortable for you, or do sit to stand from a bench

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