

## 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!**