

<u>Main Exercise</u>	<u>Alternative Exercise</u>	<u>Muscles Targeted</u>	<u>Exercise Diagram</u>	<u>Time and Round Increments</u>  <b>Round 1.</b> 30 seconds on 20 seconds rest  <b>Round 2.</b> 45 seconds on 15 seconds rest  <b>Round 3.</b> 1 minute each exercise 10 second rest/ exercise changeover  <b>Finisher:</b> <b>Wall Sit</b> <b>1 minute</b> <b>or</b> <b>Side Plank Hold</b> <b>30 seconds each side</b>
1. <b>Upper Body: Pike Press Up</b>	Upper Body: Half Press Up	Targets – Chest, Triceps and Shoulders.		
2. <b>Core: Shoulder Taps</b>	Core: Leg Raises	Targets – Front deltoid (shoulder), lower and upper abdominals.		
3. <b>Lower Body: Side-Step Lunge</b>	Goblet Squats	Targets – Inside (adductor) and outside (abductor) of the leg – Goblet Squats – Targets Glutes, Hamstrings and Quads.		
4. <b>Lower Body: Reverse Lunges</b>	Lower Body: Donkey Kicks	Targets – Glutes and Hamstrings and Lower Back		
5. <b>Core: Crab Toe Touches</b>	Core: Glute Bridges	Targets – upper abdominals and glutes		
6. <b>Upper Body: Tricep Dips</b>	Upper Body: Plank Build	Targets – Tricep, Shoulders and Core abdominals		
7. <b>Upper Body: Walk Outs</b>	Upper Body: Back Extensions	Targets – Shoulders, Triceps and Abdominals. Back Extensions – Targets lower back and glutes		
8. <b>Lower Body: Step ups (with knee raise)</b>	Lower Body: Conventional Step ups	Targets – quads, hamstrings, calves, and glutes – great for shoulder mobility also		
9. <b>Core: Hot Hands</b>	Core: Plank Hold	Targets – front of shoulder, core (abdominals) and lower back		