

THURSDAY FITNESS ROUTINE

STEP 1

ENSURE YOU HAVE A COMFORTABLE SPACE WHERE YOU CAN LAY ON YOUR BACK AND HAVE SOMETHING HEAVY THAT IS EASY TO LIFT FOR EXAMPLE A KITCHEN CHAIR OR KETTLE BELL.



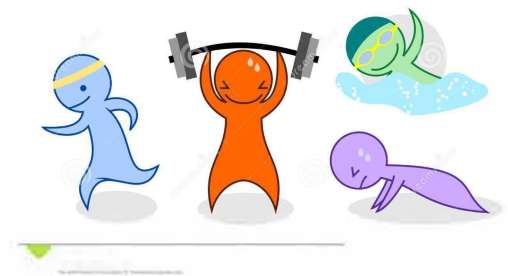
STEP 3

TAKE 15 SECOND RESTS BETWEEN EACH EXERCISE

SHAKE YOUR ARMS AND LEGS OFF DURING THIS TO KEEP YOUR LOOSE

FINAL STEP !

STAY MOTIVATED AND BEGIN YOUR WORKOUT....



STEP 2

STRETCH YOUR BODY FROM HEAD TO TOE MAKING SURE YOUR NICE AND LOOSE



STEP 4

BLAST YOUR MUSIC. PREFERABLY 120BPM OR MORE FOR A FAST PACED WORKOUT





THE EXERCISES

- PUSH UPS 30 SECONDS**
- PLANK UPS 30 SECONDS**
- SHOULDER TAPS IN PLANK POSITION 30 SECONDS**
- ALTERNATE SUPERMAN LYING FLAT ON STOMACH 30 SECONDS**

REST 1 MINUTE

- LUNGES STEPPING FORWARD 30 SECONDS**
- WEIGHTED SQUATS REPS OF 10 X2**
- V SITS WITH A CRUNCH**
- JACKSON JUMJUMPS ON YOUR TOES**

- SPIDER CLIMB IN MOUNTAIN CLIMB FORMATION SET OF 10**
- WEIGHTS ABOVE HEAD REPS OF 10 X SETS 2**
- LEG RAISES WITH LEGS STRAIGHT AND POINTED REPS OF 10**
- CURTSY LUNGE BURST OF 25**
- MOUNTAIN CLIMBERS AS MANY AS YOU CAN FOR AS LONG AS YOU CAN**
- LAST BUT NOT LEAST HIGH KNEES FOR AS LONG AS YOU CAN THIS IS THE LAST EXERCISE SO GO MAD! STRE TCH OUT AND WELL DONE !!!!!**