




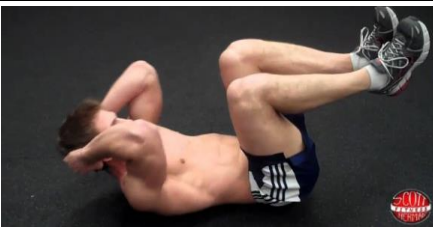






HOME EXERCISE PRGOGRAMME

Description:	Cardio and Tone Mat Circuits
Trainer name:	Benine
Date:	April 1, 2020





Repeat each circuit 2 -3 times before moving to the next one.

CIRCUIT 1


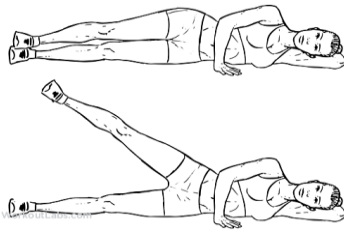

EXERCISE	REPS	PICTURE
Moountain Climpers	20	
Hip Bridges	15	<p>A</p>  <p>B</p> 
Skull Crushers	15	 
Crunch With Knee-ins	10	

CIRCUIT 2		
EXERCISE	REPS	PICTURE
Open Close Jump in high plank	10	
One leg hip bridges	10 (left and right)	
Elbows in Chest press	10	
Straight leg crunches	10	

CIRCUIT 3

EXERCISE	REPS	PICTURE
Knee to opposite elbow in high plank	20	
Donkey Kick Backs	10 (left and right)	
Chest Press	10	
Oblique Crunches	10 (each side)	

CIRCUIT 4

EXERCISE	REPS	PICTURE
Tuck jumps in high plank	20	
Side lying leg lifts	10 (left and right)	
Chest fly	10	
Side Plank	20sec each side On knees or fully extended	