



HOME EXERCISE PRGOGRAMME

Class:	HIIT and Tone
Trainer name:	Benine
Equipment:	Dumbbells, Step (can be done without)
Date:	April 22, 2020

WARM-UP

Full body mobilization	5min	
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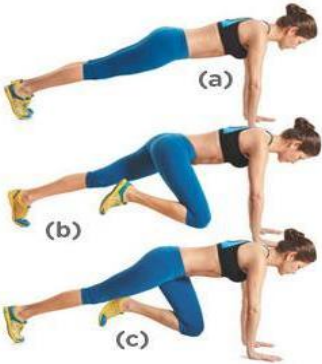


SECTION 1 - HIIT

Repeat each group 3 times.


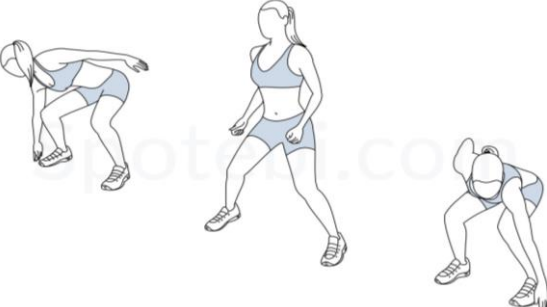

GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Burpee	10	
Starjump	10	
Jog up and down step	10 (right and left)	



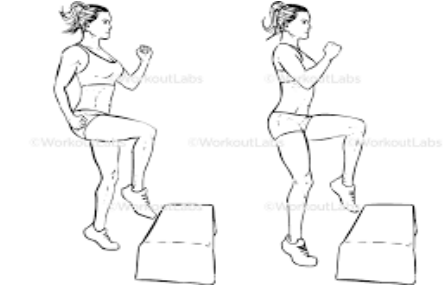
GROUP 2

EXERCISE	REPS	NOTES/ILLUSTRATION
Mountain Climber	20	
Skaters	20	
Box Jump	10	

GROUP 3

EXERCISE	REPS	NOTES/ILLUSTRATION
High Knees	20	
Side shuffle touch down	20	
Side hop over step	20	




GROUP 4

EXERCISE	REPS	NOTES/ILLUSTRATION
Lateral Hops	20	
Pop Squat	10	 <p>Jump legs out landing in a squat touching the ground then jump feet together again,</p>
Toe Taps	20	

SECTION 2 - TONING



Repeat each group 2 times.



GROUP 1





EXERCISE	REPS	NOTES/ILLUSTRATION
Narrow Squat	10	
Squat	10	
Sumo Squat	10	

GROUP 2








EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating back lunge with front raise	10 (alternating legs)	
Alternating side lunge and lateral raise	10 (alternating legs)	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Calf Raises	15	
Narrow Shoulder Press to tricep extension	15	 <p>You can hold two weights or one weight on the sides. Pres it up first then go into a tricep extension.</p>

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Deadlift	10	
Narrow row to kick back	10	

ABDOMINALS			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Crunches	2	10	
Bicycle Crunches	2	16	
Reverse Crunches	2	10	
Plank	2	30sec	

STRETCHES

<p>Hug knees to chest</p>	<p>Hold 20sec</p>	
<p>Laying twist stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Seated reach for toes stretch</p>	<p>Hold 20sec</p>	
<p>Reach for toes with one leg out</p>	<p>Hold 20sec (left and right)</p>	
<p>Butterfly stretch</p>	<p>Hold 20sec</p>	
<p>Chest Stretch</p>	<p>Hold 20sec</p>	
<p>Back Stretch</p>	<p>Hold 20sec</p>	
<p>Shoulder Stretch</p>	<p>Hold 20sec (left and right)</p>	