



For each exercise, perform 0 sets of 0 reps, resting 60 seconds between sets

Set your countdown timer for 30 minutes. You will complete as many reps as you can in 30 minutes. You must complete the total amount of reps of each exercise before moving on to the next.

100 lunges (50 left, 50 right)  
75 squat jumps  
50 lateral lunges (25 left, 25 right)  
25 glute Bridges

Equipment: Bodyweight

## Warm Up

Cardio



- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

## Lunge

Legs



- 1 - Stand upright with your arms by your sides.
  - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
  - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

## Squat Jump

Legs



- Stand upright with your arms straight by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
  - 2 - Push off your feet jump straight up.
  - 3 - Land in semi-squat to absorb and repeat the jump.

## Anterior Lateral Lunge

Legs



- 1 - Stand upright with your arms straight by your sides.
  - 2 - Step forward and laterally to one side, lowering your body down towards the floor and leaning your torso slightly forward.
  - 3 - Push off the front leg to return to start position.
- Complete all reps on one side before switching to the other side.

## Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

## Cool Down

Cardio



- A cool down allows you some time to reduce your heart rate and core temperature and helps to start the process of recovery.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.