

CARDIO WORKOUT

ACHY BREAKKEY HEART



Get ready to feel achy and breaky tomorrow cos this workout will have you huffin' and puffin' like a certain wolf from a certain nursery rhyme in no time.

You'll need a dumbbell (or a water bottle or can of veggies), a skipping rope, around 30 mins and a "can do" attitude!

WARM UP

- 1 20 x Bodyweight reverse lunges (alternate legs each time)
- 2 10 x Hip bridge
- 3 10 x Push ups
- 4 10 x Star jumps

WORKOUT

- 1 5 minutes of skipping
- 2 100 x Dumbbell alternate squats with high pull (hold dumbbell in one hand, lower into a squat and pull up to chest with elbow up, return and swap sides) or squat and pause for 3 seconds if you don't have a dumbbell.
- 3 60 x Pushups
- 4 100 x Butterfly sit ups
- 5 60 x burpees
- 6 5 minutes of skipping

COOL DOWN

- 1 Child's pose - hold for 30 seconds
- 2 Quadricep stretch, 2 x 15 second holds each side
- 3 Standing hamstring stretch, 2 x 15 seconds holds each side