

15 minutes AMRAP

- 50 x star jumps
- 20 x high knees
- 5 x plank walk out
- 10 x press-ups
- 10 x plank up downs
- 10 x sit-ups
- 20 x toe touches

REPEAT

Tabata

SET A

- Crunches
- Star jumps

SET B

- burpees
- Curtsey lunge

10 minutes EMOM

(Alternate minutes/exercise)

- 1- 20 x press-ups
- 2- 30 x air squats

EMOM (Every Minute On the Minute)

Once completed the set number of exercise within the minute, the remainder of the minute is rest. *e.g min 1 = 20 press-ups; complete 20 press-ups in 35s leaves you with 25s rest before starting the second exercise.* Alternate each exercise every minute for duration of workout.

Tabata

8 rounds of each set. Each exercise 30 seconds long with 15 seconds rest between each exercise. 2 minutes rest between SET A and SET B and follow same times for SET B.

AMRAP (As Many Reps As Possible)

Complete full list of exercises to finish 1 REP. Repeat list with NO REST. Try get as many 'REPS' as possible in given time

10 minutes EMOM

(Alternate minutes/exercise)

- 1- 15 x powerful squat jumps
- 2- 10 x V-ups

Tabata

SET A

- Front lunges
- Mini squat jumps

SET B

- Straight arm plank reaches
- Plank

15 minutes AMRAP

- 50 x Star jumps
- 10 x bouncing lunges each side
- 20 x shoulder taps from extended plank position
- 10 x plank twists
- 20 x heel touches
- 20 x dead bugs

REPEAT