

**Core & Upper body Workout**

**40 sec’s work - 20 sec’s rest**

**Repeat 3 sets of each 11 exercise’s**

* Squats Reach downs
* Reverse lunge & knee lifts
* Squats Reach downs 3 pulse & Stretch
* Abdominal ‘Snow Angels’ - feet off or on the floor and lift shoulders sweep arms overhead to floor reaching for your ankles
* Plank & hip dips on toes or knees
* Alternate Single leg cycle extensions L&R slow x 4 / fast x 8 repeat
* Chest Press-ups slow x 2 / fast x 4 repeat
* Lunge creepers 3 x tap repeat change half way to other side
* Bowler with knee lift & overhead arms
* Tricep Press-ups slow x 2 / fast x 4 repeat
* Mountain Climbers FAST and bring knees to chest