

# WEEKS 1 & 3

Monday

LEGS

CIRCUIT ONE

CIRCUIT TWO

Knee Up

24 reps (12 per side)



Static Lunge

24 reps (12 per side)



Burpee

10 reps



Jump Squat

15 reps



Sumo Squat

15 reps



Reverse Lunge & Knee Lift

24 reps (12 per side)



X Jump

16 reps (8 per side)



Skipping

50 reps

