

GREENAWAY FITNESS

ESSENTIALS

THE WARM UP

- ▶ x12 Squats
- ▶ x 12 Reverse lunges with knee lift
- ▶ x 24 Star Jumps
- ▶ x 24 High Knees
- ▶ x 12 Leg Swings

WORKOUT 1 PART A

- ▶ 30s Work / 30s Rest : 3 Rounds

- ▶ Squat
- ▶ Mountain climbers
- ▶ Lunges
- ▶ Glute bridge
- ▶ Plank

WORKOUT 1 PART B : THE FINISHER

- ▶ 20s work / 20s rest
- ▶ x6 Punches, x1 Squat
- ▶ (repeat as many times as possible in the 20s)
- ▶ 5 rounds

WORKOUT 2

- ▶ Every Minute On the Minute do:
 - ▶ x3 Push Ups
 - ▶ x5 Squats
 - ▶ x7 Sit Ups
- ▶ then rest for remainder of that minute
- ▶ repeat for 10 minutes

WORKOUT 3 - INVERSE LADDERS

- ▶ Squats
 - ▶ Push Ups
 - ▶ Lunges
 - ▶ Mountain Climbers
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- ▶ Start with 15 reps of each exercise
 - ▶ then 14, 13... and so on to 1 rep
 - ▶ Goal is to complete this with good form in the shortest time possible

COOL DOWN

- ▶ x 8 slow squats
- ▶ x 8 walk outs (start standing bend forwards at the hips and place hands on the ground, slowly walk your hands out until you reach the top of a push up position, then let your hips lower to the ground with control)
- ▶ Arm circles