Workout Summary

Don’t forget to warm up and cool down!
Do as many reps of each exercise as you can in each round.
Each round consists of 30 seconds of exercise followed by a 30 second break.

Go as FAST as you can without compromising good technique.

SERIES ONE

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JACKS · FOUR ROUNDS · BODY WEIGHT
Jump your feet outside of shoulder-width apart as you raise your arms up and out at the same time by your sides. Jump your feet back into centre and bring your arms around and down simultaneously. Repeat this movement as quickly as you can for the specified amount of time.

Targeted Muscles: Legs; Buttocks; Shoulders; Abdominals; Your heart!
SERIES ONE, EXERCISE 2 OF 3

HIGH KNEES · FOUR ROUNDS · BODY WEIGHT
Hold your hands out in front of you at waist height. Quickly jump, one leg up at a time, high enough to hit your hand with your knee. Keep your chest up high during the entire movement. Repeat as quickly as you can for the specified amount of time.

Targeted Muscles: Front & back of legs; Abdominals; Calves; Your heart!
WEIGHTED PUNCHES · FOUR ROUNDS · LIGHT WEIGHT

Stand with your feet shoulder-width apart. With two lighter dumbbells in each hand, mimic a punching motion, letting your torso twist as you punch one arm out at a time. Keep a slight bend in your elbows at the end of each punch to avoid over extension. Keep your shoulders down. Repeat as quickly as you can for the specified amount of time.

Targeted Muscles: Shoulders; Upper back; Side of torso; Front & back of arms; Your heart!

WORKOUT COMPLETE!