



WITNESS — THE — FITNESS

#EMPOWERHER 

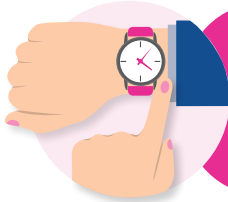
Session 1

TIME: 20 minutes

EQUIPMENT: Stopwatch / Interval trainer.
You can download an app onto your phone.

TYPE: Cardio fitness & strength.

SAFETY: Complete a warm-up and cool-down with each session.



Set your timer for 20 rounds of 45 seconds of work and 15 seconds of rest.



Watch each of the clips if you are unsure of the exercise.

PART 1

Complete 2 rounds of the following:

- 45 seconds **Mountain Climbers**
- 15 seconds rest
- 45 seconds **Squat Jumps**
(Air Squats for easier option)
- 15 seconds rest
- 45 seconds **Plank Shoulder Taps**
- 15 seconds rest
- 45 seconds **Sprawls with a Jump**
- 15 seconds rest
- 45 seconds **Knee Up-Downs**
- 15 seconds rest

PART 2

Complete 2 rounds of the following:

- 45 seconds **Bear Crawls**
(3 forward and 3 back)
- 15 seconds rest
- 45 seconds **Lunge Jumps**
- 15 seconds rest
- 45 seconds **Push-Up (on knees)**
- 15 seconds rest
- 45 seconds **Burpees**
(or Hands-Up Knees-Up for easier option)
- 15 seconds rest
- 45 seconds **Flutter Kicks**
- 15 seconds rest