

*Consult with your physician before beginning an exercise program



To welcome the summer, we have designed a quick 30-minute workout that does not require any equipment and spells out -

SUMMER 2020!

Each exercise is repeated 3 times, for 30 secs, 45 secs and 60 secs with a 15 sec break between each exercise and after the last round. Each letter will take 3 minutes to complete. Always warm up, go at your own pace, take breaks as you need them and drink water. Stretch after you finish.

30 secs work/15 secs rest

45 secs work/15 secs rest

60 secs work/15 secs rest

S	Forward Stride Jumps, arms alternating in opposition to legs <i>Modification</i> – Alternating rear lunges	
U	Knees UP! Running on the spot with high knees <i>Modification</i> – Alternating knees up without a jump, low impact	
M	Mountain Climbers. With hands on the floor and head slightly up, alternate knees to chest <i>Modification</i> – Lean forward with hands on a counter, bench if outside to make easier	
M	Moving Side Shuffle. In a squat position, shuffle fast 4 steps right and left, touch ground <i>Modification</i> – Do without the touch to the ground	
E	Eccentric Squat. Lower slowly to a count of 3-2-1 then power up with a plyometric (explosive) squat jump <i>Modification</i> – remove the jump	
R	Reverse Curl. Laying on your back lift your hips off the ground and lower straight legs to floor <i>Modification</i> – Lower one leg or do not lower legs at all, just hip lift	
20	20 Jumping Jacks, 20 Burpees, 20 Star Jumping Jacks <i>Modifications</i> – tap leg to side for jacks, slow burpees with no jump, Star jacks do side leg lifts	
20	20 Pike sit-ups, 20 Push-ups, 20 moving planks (tap foot out to side, alternating) <i>Modifications</i> – Crunches instead of sit-ups, push-ups from a counter or bench, plank from knees	