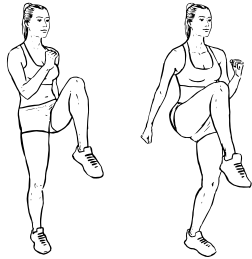


# Kickstart+ Core 2

Abs, Back, Legs

Ensure you have warmed up properly before completing.. Do each exercise in turn before repeating the full circuit. For more information please visit [www.revitalizefitness.co.uk](http://www.revitalizefitness.co.uk)

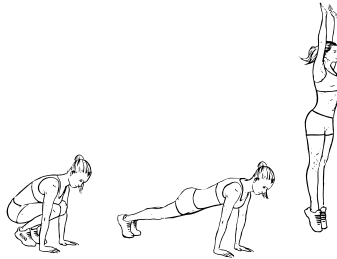
## High Knees / Front Knee Lifts



5 sets 60 secs

Bring knees up at least as high as your belly button. Go as fast as you feel comfortable.

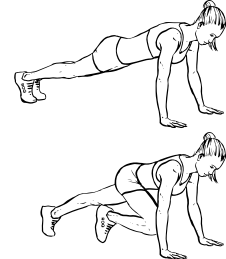
## Burpees / Squat Thrusts



5 sets 60 secs

Complete as many as you can. during the minute.

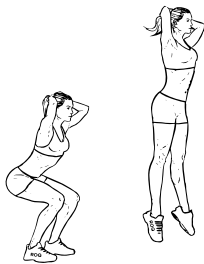
## Mountain Climbers / Alternating Knee-ins



5 sets 60 secs

Place hands underneath shoulders and bring one knee at a time up towards your chest.

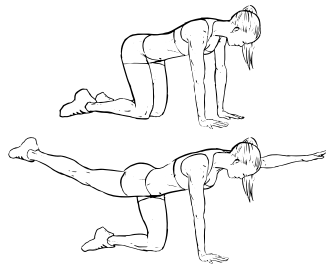
## Jump Squats



5 sets 60 secs

Push back with your hips and then push up into a small jump. Land softly and repeat.

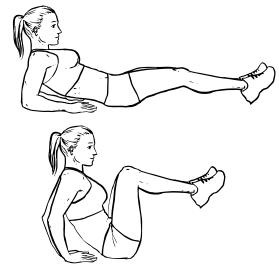
## Bird Dogs / Alternating Reach & Kickbacks



5 sets 60 secs

On all fours, raise your opposite arm and leg, keeping hips and shoulders square to the floor.

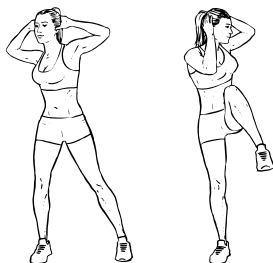
## Leg Pull-In Knee-ups



5 sets 60 secs

Hands slightly behind your hips, kick both feet out and then bring your knees back in to your chest

## Standing Cross-body Crunches



5 sets 60 secs

Bring your elbow to meet opposite knee and then repeat on the other side

