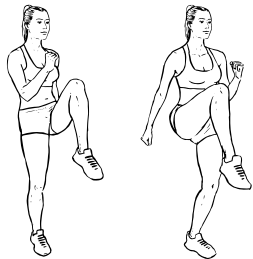


Kickstart+ Total Body Workout 2

Abs, 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

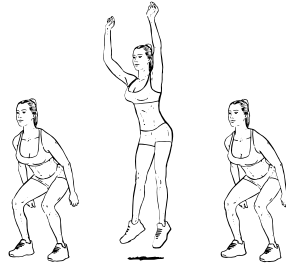
High Knees / Front Knee Lifts



4 sets 60 secs

Bring knees up at least as high as belly button

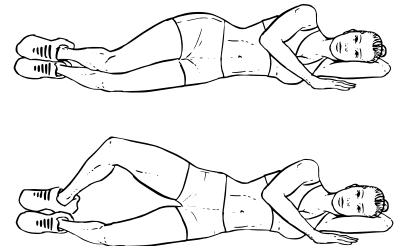
Side to Side Jump Squats



4 sets 60 secs

Squat down before springing side to side. Keep knees soft to absorb the impact. Keep core strong

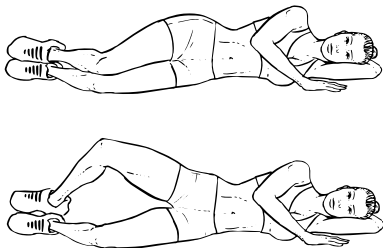
Clamshells / Clams



4 sets 60 secs

Keeping your heels together, open your knees and return. Do one minute on one side

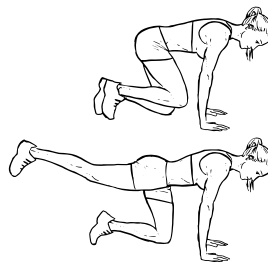
Clamshells / Clams



4 sets 60 secs

Roll over and repeat previous exercise

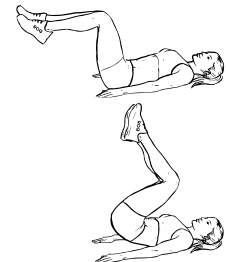
Donkey Kicks



4 sets 60 secs

On all fours slowly raise one leg at a time off the floor

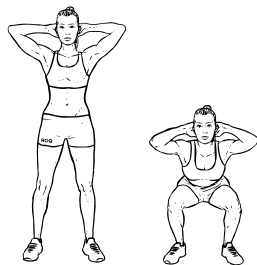
Reverse Crunch



4 sets 60 secs

With feet in the air use your abs to bring your hips and bum off the floor. Very small movement

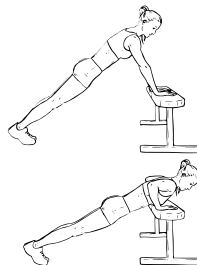
Bodyweight Squats



4 sets 60 secs

Feet hip width apart or wider, push back with hips not bending with knees. Do not bend spine forward

Incline Push-ups / Pushups



4 sets 60 secs

placing hands on a sofa or step, lower body down before pushing back to start position

