

Notes :

Warm-up progressively for the first 5min. Physical activity guidelines recommend 150 minutes of moderate to vigorous aerobic physical activity per week. This workout targets mostly cardio for 25-30min, adapt the pace to maintain a continuous effort and limit breaks for full efficiency. Use active or passive breaks if needed.

1 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

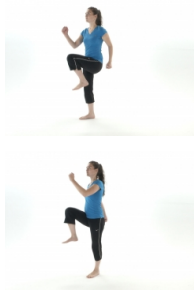
2 Front to back step



Take a step forward with one foot and follow with the back foot.
Take a step backward with one foot and follow with the other foot.
Repeat.
You can build up the intensity slowly.

Sets: 1 Duration: 60s

3 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

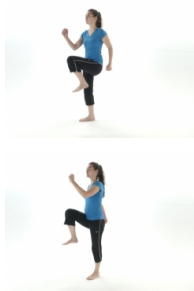
4 Front toe-touch only



Touch forward with your toe and bring the foot back to initial position.
Repeat with other foot.
You can build up the intensity slowly.

Sets: 1 Duration: 60s

5 Marching on the spot



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Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

6 Lateral step-touch



Take a step sideways and follow with the other foot.
Bump feet together and repeat on the other side.
You can build up the intensity slowly.

Sets: 1 Duration: 60s

7 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

9 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

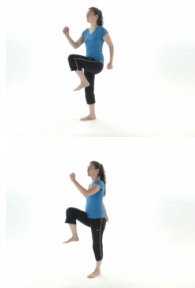
11 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

13 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

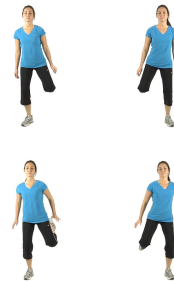
8 Knee to ceiling



Stand with feet apart and arms together holding the weight in front of you.
Keeping your arms straight, lower the arms and squat down, driving the weight down through your heels.
Stand back up and raise the arms above your head.
Go back to the squat position and lower the arms between your legs and repeat, alternating these movement dynamically.

Sets: 1 Duration: 60s

10 Lateral butt kick



Take a step sideways and lift the heel to touch the same-side buttock.
You can add arm movement if you want to.
You can build up the intensity slowly.

Sets: 1 Duration: 60s

12 Warm-up Knee-elbow



Stand with your feet wide apart.
Quickly lift your knee to the opposite elbow.
Return and repeat with the other leg.

Sets: 1 Duration: 60s

14 Shadow boxing



Shadow boxing.

Sets: 1 Duration: 60s

15 Marching on the spot



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Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

17 Marching on the spot



This will be our standard movement, coming back every other exercise. You can do the complete motion (arms+legs) or just part of it (arms or leg) to adapt challenge.
Stand up with your feet about hip width and march on spot, lifting your knees high.
Keep the body straight as you do the exercise.
Play with pace to manage intensity, slow down if you need to recover.

Sets: 1 Duration: 60s.

16 Lunge and push forward



Lunge forward and make a push forward with your arms, as if they were pushing your arms out.
Keep your upper back straight.
Come back into position and do with the other leg.

Sets: 1 Duration: 60s

18 Hip strengthening, 3 ways



Stand straight with your arms on your hips.
Keeping your upper body upright, lift your leg out in front of you with your toes flexed.
Next, bring your leg out straight beside you keeping your toe pointing forward.
Finally, bring your leg out straight behind you-as far as you can-with your leg only, and without bending your trunk.
The key is keeping your upper body straight and avoiding to move throughout all 3 directions.

Sets: 1 Duration: 60s