

20 Exercises : 20 Minutes

No rest, move straight onto the next one

perform each exercise for 45 seconds				
1	Squat 2 Lunge 2		11	Squat Thrusts
2	Chair Dips		12	Bicep Curls (with weights)
3	Plank		13	Crunches (knees raised elbows to opposite knees)
4	Alternate Lunges		14	Jump Squats
5	Press Ups		15	Overhead Press (with weights)
6	V Sit Ups		16	Side Plank (20 seconds each side)
7	Quarter Backs <i>Slow/fast</i>		17	Plank Ladder Climbs
8	Chair Dips		18	Hold arms out to side (with weight in each)
9	V Sit ups		19	Burpees
10	Step ups 2nd step of stairs 5 each leg then change		20	Crunches

STRETCHES and RECOVERY

Sit and reach to stretch hamstrings and back - 1 minute

Drink 1 pint of water

Smoothie Recipe each morning over Christmas

1xbanana, 1xkiwi, 4x *chunks* pineapple, 1xpear, 1xapple, 1 slice fresh ginger, 1xcarrot, 1x stick celery (optional) 1 tablespoon porridge oats (optional)