



CLICK FOR TIMER

WEEK 1

EXERCISE 1



3x FROG JUMPS & 10 x SPOT RUNS

- ▶ Frog Jumps: start in a wide stance squatting position, keep your chest up, forcefully push off the ground with the balls of your feet and landing gently on the balls of your feet, returning to squat position. Repeat 3 times.
- ▶ Immediately after the frog jumps begin your spot runs for a count of 10.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 2



SPLIT SQUATS

- ▶ Stand with your legs staggered, in a comfortable wide stance. Right foot in front.
- ▶ Bend your knees to lower your body until your right thigh is parallel and your shin is perpendicular to the floor
- ▶ Straighten your legs to return to start.
- ▶ Do 15 – 20 repetitions, then switch sides.
- ▶ To make this exercise more challenging rest the back leg on a chair or step.

Demo Video

EXERCISE 3



LEG EXTENSIONS

- ▶ Start by lying on the floor with your forearms on the floor supporting your upper body and legs bent in tabletop position.
- ▶ Extend your legs out in front of you, then return to the start and repeat for the minute.
- ▶ If this is difficult try 5 at a time and increase when you are stronger.

Demo Video