

# full **CIRCUIT**

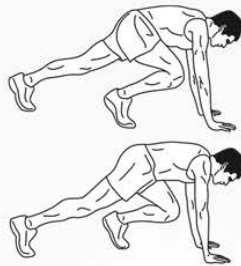
**Day 1**

7 sets in total

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**30sec** high knees



**10sec** climbers



**30sec** high knees



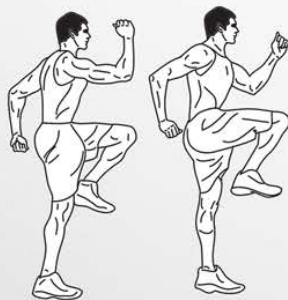
**10sec** plank hold



**30sec** high knees



**10sec** plank hold



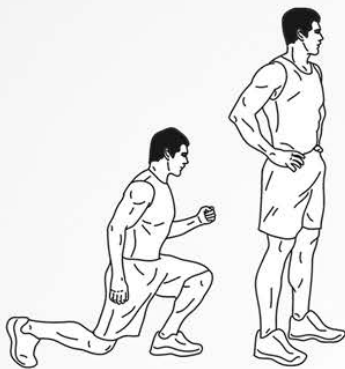
**60 seconds** march steps

# full **CIRCUIT**

**Day 2**

7 sets in total

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**30sec** reverse lunges

**10sec** shoulder taps

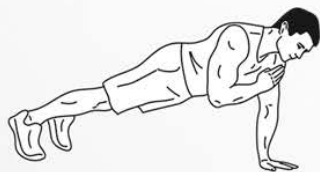
**30sec** reverse lunges

**10sec** shoulder taps

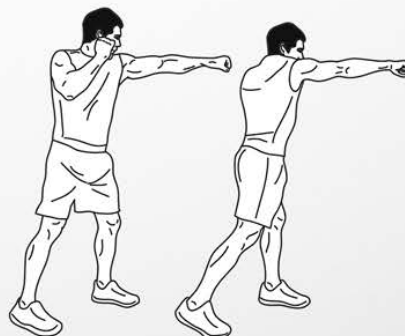


**30sec** reverse lunges

**10sec** shoulder taps



**60 seconds** punches



# full **CIRCUIT**

**Day 3**

**3 sets in total**

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**20sec** crunches



**20sec** heel taps



**20sec** leg raises



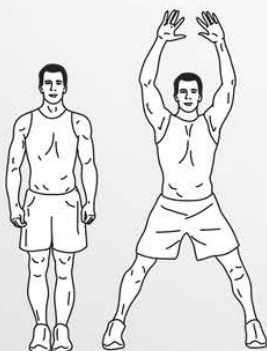
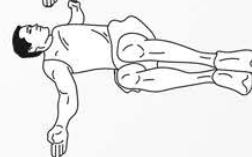
**20sec** flutter kicks



**20sec** scissors



**20sec** half wipers



**60 seconds** jumping jacks

# full **CIRCUIT**

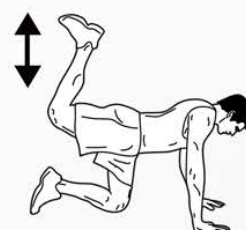
Day 4

No sets

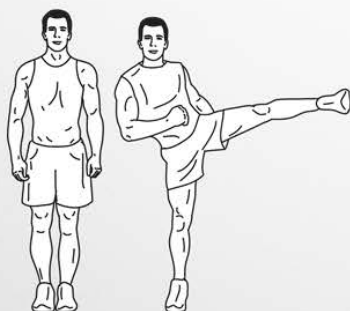
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**30sec** knee-in extensions + **30sec** hold + **30sec** knee-in extensions  
change sides and repeat the sequence



**30sec** up & down pulses + **30sec** hold + **30sec** up & down pulses  
change sides and repeat the sequence



## **FINISHER**

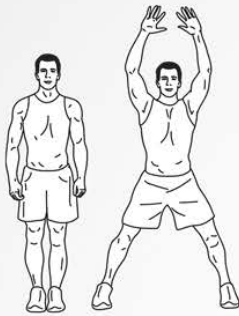
**3 minutes** side leg raises  
90 seconds per side

# full **CIRCUIT**

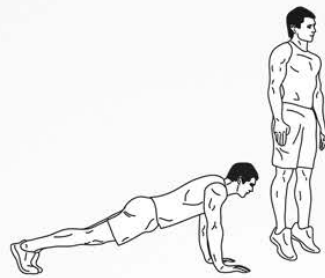
**Day 5**

7 sets in total

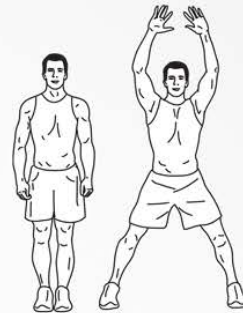
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**30sec** jumping jacks



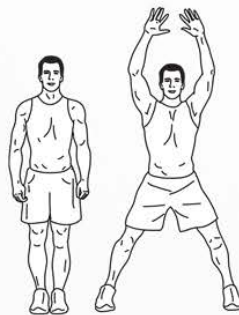
**10sec** basic burpees



**30sec** jumping jacks



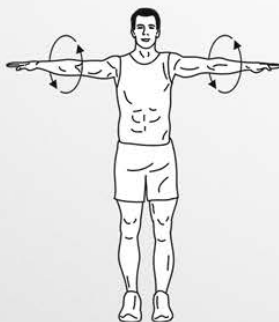
**10sec** squat hold



**30sec** jumping jacks



**10sec** squat hold



**60 seconds** raised arm circles



# full **CIRCUIT**

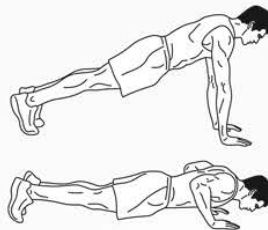
**Day 6**

7 sets in total

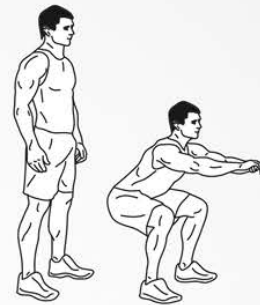
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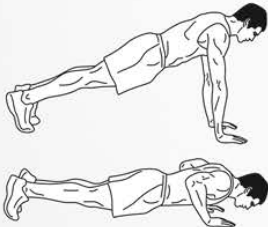
**30sec** squats



**10sec** push-ups



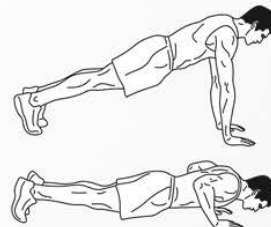
**30sec** squats



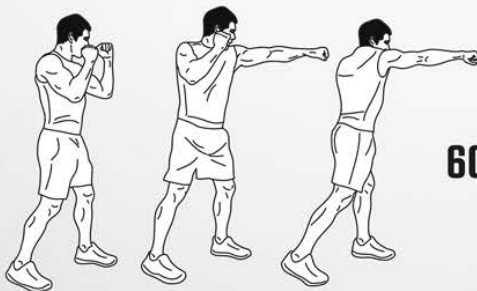
**10sec** push-ups



**30sec** calf raises



**10sec** push-ups



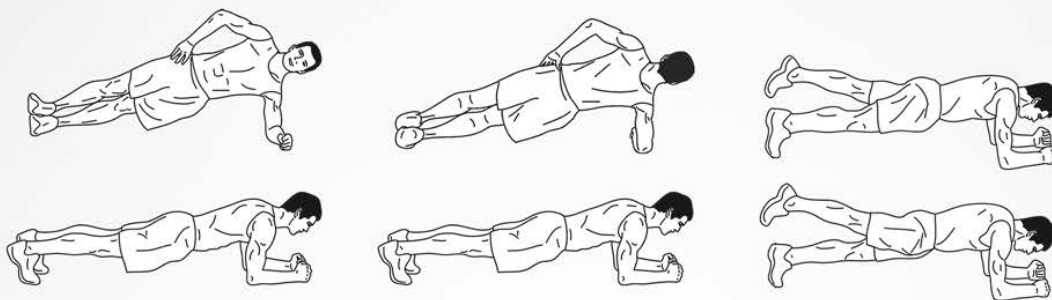
**60 seconds** punches

# full **CIRCUIT**

**Day 7**

**3 sets in total**

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**20sec** side elbow plank / left

**20sec** elbow plank hold

**20sec** side elbow plank / right

**20sec** elbow plank hold

**20sec** raised leg elbow plank hold / left

**20sec** raised leg elbow plank hold / right

**60 seconds** jumping jacks

