

Steve Bayley – Workouts

Legs:

Circuit 1 – 60 seconds rest – build number of sets:

- 10 squats
- 10 lunges (forward)
- 10 deep squats
- 10 lunges backwards

Circuit 2 – 70 seconds rest – build number of sets:

- 10 deep squats
- 10 lunges forward
- 10 squat jumps
- 10 lunge jumps
- 10 step ups or step up toe touches

Circuit 3 – 90 seconds rest – build number of sets:

- 10 lunges forward
- 10 lunge jumps
- 10 lunges sideward
- 10 lunge jumps
- 10 box jumps

Core:

Consecutive – 90 seconds rest – build number of sets:

- 10 Trunk Curls - Lie flat- Arms extended- Curl up until fingers touch toes
- 10 Sit Up Crunches - Flat back with knees at 45 degrees- Small movements
- 10 Russian Twists - Sitting position- feet off the ground- arms on chest- Rotate
- 10 breath plank - Straight back when holding plank
- 10 Flutter kick - Lie flat- raise legs and kick legs alternatively
- 10 Sit Ups - Arms on chest or placed behind head (don't link fingers)
- 10 single leg raises - Lie flat on back- single straight leg raise
- 10 Double leg raises - Lie flat on back- double straight leg raise
- Reverse Curls - Flat back, Legs pointing towards the ceiling- Small movements with hips, pushing legs upwards. (Keep hips low to ground)

Consecutive – 90 seconds rest – build number of sets:

- 10 turtles - Lie flat on back- knees at 45 degrees- Rotate upper body, keeping head still.
- 10 knee to chest tucks - Lie on back- full extension- bring knees & chest together- arms go past ankles. Keep feet of the ground during exercise
- 1 – 10 sit to stand - Lie flat on back- try to stand with crossing legs and putting hands down on the floor
- 20 breath plank - Straight back when holding plank
- 10 sit ups - Arms on chest or placed behind head (don't link fingers)
- 20 breath plank - Alternate lifting limbs off ground whilst holding plank

- 1-10 V – Sits - Raise arms and double legs to the ceiling- aim to touch toes and finish by holding in a V position.

Body Weight Circuit (Cardio)

60 seconds rest – build number of sets

- 10 Press Ups
- 10 jumps side to side
- 10 Truck Curls
- 10 Dorsal Raises
- 10 Burpees
- 10 Start Jumps
- 10 Breath Plank
- 1-10 Press up claps or Press up from Knees

60 seconds rest – build number of sets

- 10 Press ups
- 10 Trunk Curls
- 10 Dorsal Raises
- 10 Star Jumps
- 10 Burpees
- 10 Breath Plank
- 10 Press Ups or Claps
- 10 Sit Up Crunches
- 10 Lunges
- 10 Squats
- 10 V- Sits

To increase intensity- *You could replace set numbers for time. Instead of 10 Trunk Curls choose one of the two following options: 30 seconds exercise 30 seconds recovery or 40 seconds exercise 20 seconds recovery*