

Ultimate Fitness, Maximum Fat Burn

26th Jan 2012

Homework for week 2

Warm up set: Put a decent tune on and get moving

15 x Jumping Jacks

5 x Easy press ups

10 x Crunch

10 x Easy squats

Repeat with an extra 5 on each exercise

Repeat again with another extra 5

Start with small easy movements and get more dynamic as you warm up.

Main set

Here's the exercises to work on, do what you can and chose easier versions if you're struggling:

In straight arm plank position:

8 x The Turn (side plank reach then back to a single press up, repeat other side)

8 x Plank knee tucks

Keep abs super tight on both of these and in no way should this put a strain on the back.

In crunch position

3 x 10 Crunch pulses

8 x Full sit up

8 x Reverse crunch

8 x Straight arm/leg twist crunch each side

Repeat the warm up and the main set as many times as you can in 20 minutes.

Do the best you can with the exercises, don't worry if you cant complete each set.

Be sensible and keep good form the whole way through.

Cool Down

Easy march for 30 seconds

High knees for 30 seconds

Do some arm circles and stretch those legs out