

Option 1: 30 seconds of each exercise, 30 seconds rest; repeat 2-3 times.

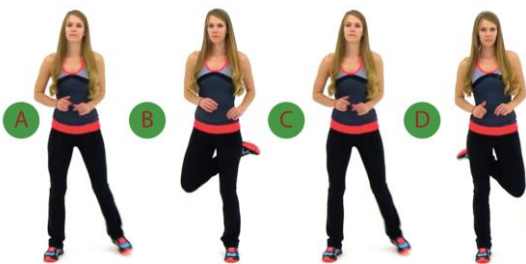
Option 2: 45 seconds of each exercise, 15 seconds rest: repeat 2-4 times.

Option 3: 60 seconds of each exercise, no rest; repeat 2-5 times.

Always be sure that you have sufficiently warmed up prior to completing the circuit.



Squats: Choose an appropriate depth of movement and attempt to move further each time. Keep speed consistent



Heel Flicks: Moving side to side, lift trail leg so heel touches backside, remember to breathe.



Marching: Simple marching on the spot, pump the arms and attempt to lift the knees until upper thigh parallel to floor.



Knee Lift & Twist: As you raise the knee turn the opposite elbow towards the knee. Keep the speed steady and maintain balance.



March for 8, Kick for 4: Simply marching on the spot for a count of 8 and then kick to the front for a count of 4.



Side Steps: Move the left foot out to the side and tap the floor, repeat on other side. Attempt to move faster and further.



Heel Digs: Alternate heel dig to front as if marching. You can perform arm raises to front and side and bicep curls at the same time as a progression.



Tap Backs: Alternate step back and tap toe, combine with arm raises to front and side.