



Back Garden Blitz

Make sure you are warmed up first – see Warm up video

Metabolic Conditioning

Format: 20s/10s

Exercises

- 1) Press up position cross knee & kick out behind (R leg) – don't touch the floor
- 2) Sprint
- 3) Press up position cross knee & kick out behind (L leg)
- 4) Sprint
- 5) Power hop forwards & backwards (R leg)
- 6) Press up position – cross knee to spider man to hip extension up (R leg)
- 7) Sprint
- 8) Press up position cross knee to spider man to hip extension up (L leg)
- 9) Power hop forwards & backwards (L leg)
- 10) Sprint with arms above head
- 11) Mountain climbers
- 12) Squat jump forward – 5 split jumps (turn & repeat)
- 13) Renegade Rows
- 14) Sprint
- 15) Hand plank, drag feet 4 moves forward – 3 press ups – move to side – 3 press ups – move to side (Repeat)
- 16) Power squats
- 17) 8 Tricep dips – walk forward (Repeat)
- 18) Burpees
- 19) Single Leg V- Sits
- 20) Superman
- 21) Power Squats wide to narrow



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Upper Body Blitz

Format: 35s/10s **Equipment** – Mat (Optional: Skipping rope, Step, Dumbbells, Gliders)

Exercises

- 1) Skipping
- 2) Tricep Dip with leg raise (alternate legs)
- 3) Skipping
- 4) Plank & 8 Dumbbell Tricep Curl back R – 8 Dumbbell Tricep Curl back L
- 5) Skipping
- 6) Shoulder sizzler – (rotate hips under body, then push hips forward and up - can use feet on gliders)
- 7) Skipping
- 8) 8 Single leg squats & bicep curl (repeat on other leg)
- 9) Skipping
- 10) V-Sit (Hold) & Dumbbell shoulder press
- 11) Skipping
- 12) Down Dog (hands on floor, hips up & shoulder press)
- 13) Skipping
- 14) Hand Plank - arm over the top (turn to side) & arm forward x 4 – 2 press ups (repeat other arm)
- 15) 4 Press ups (on step) – Mountain climber & press up x 4 (Repeat)



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Body HIIT

Format: 40s/20s

Exercises

- 1) 2 Power Squat forward – Burpee & back
- 2) Press Ups
- 3) 2 Wide to narrow Burpee – 2 Jumping Jacks
- 4) 8 Tricep Dips – forward 6 – 8 Tricep Dips – Backwards 6
- 5) Corkscrew Burpee with Jack Cross.
- 6) Plank Walk out - Squat
- 7) Mountain Climbers
- 8) 3 Split Leg Squat – jump & switch legs
- 9) Plank to pike
- 10) Jack Knives



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Dumbbell HIIT

Format: 45s/15s **Equipment** – Dumbbells, step, mat

Exercises

- 1) 4 Shoulder Press – 4 Squat thrusts (hands on step)
- 2) 4 Bicep Curl & rotate out and down – 4 Wide to Narrow Squat Thrusts (hands on step)
- 3) 8 Tricep Dips (on step) – 4 Corkscrew Burpees (hands on step)
- 4) 16 Pike to Plank – 16 Jack Knives
- 5) 4 Lateral Arm Raises – 4 Squat Thrusts (hands on step)
- 6) 16 Mountain Climbers – 8 High Knee Sprints (2 legs = 1 rep)
- 7) 4 Bent over Dumbbell Row – 4 Wide to Narrow Burpee
- 8) 8 Cross Knee Mountain Climbers – 8 High Knee Sprints (2 legs = 1 rep)
- 9) 4 Upright Dumbbell Row – 4 Corkscrew Squat Thrusts
- 10) Burpee – 8 High Knee Sprints



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Cardio Skipping

Format: 45s/15s **Equipment** – Skipping Rope

Exercises

- 1) Skipping
- 2) 8 Jumping Jacks – 8 slow power jacks – (add super jacks after more extreme)
- 3) Skipping
- 4) 8 Step Backs – 8 Switch Lunges (add arms up)
- 5) Skipping
- 6) 4 High Knee Side Steps L – 4 High Knee Side Steps R – 8 Sprints
- 7) Skipping
- 8) 8 High Hops L – 8 Sprints, 8 High Hops R – 8 Sprints
- 9) Skipping
- 10) 8 Jacks – 4 Power Squats – 8 Step Backs – 4 Power Squats – 4 jacks – 8 extreme jacks – 4 R Leg Hop - 4 Sprint – 4 L Leg Hop

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