



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

Day 11

As Good as it Gets

Timer: 30s/ 10s x 7r

Format: Strength: 30 seconds of A1, 10 seconds rest, 30 seconds of A2, 10 seconds, etc right through to A6. Rest for 30 seconds or 50 seconds, repeat for 2 total circuits.

Exercises

A 1. [Lunges](#) → Less depth

A2. [Plank walkouts](#)

A3. Skaters → [Curtsey squat](#)

A4. [T Press up](#) → From knees

A5. [Squat hold](#) → Less depth

A6. [Squat thrusts](#) → hands on step

Rest for 30s or 50s, repeat for 2 total circuits.

Do this workout twice today.

[EXERCISE LIBRARY LINK](#)