



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

Avatar

Timer: 20s/ 10s x 10r (also need the '1 minute between sets' timer for rest)

Format: 20 seconds of A1, 10 seconds rest, 20 seconds of A2, 10 seconds, etc right through to A10. Rest for 1 minute, repeat for 2 total circuits.

Exercises

Exercise → modified version

A1. [Lunge](#) → Less depth

A2. [Jumping jacks](#) → 1/2 jacks

A3. [Tricep Dips](#) → from both legs

A4. [Mountain climbers](#) → Hands on a step

A5. [Squats](#) → Less depth

A6. [Press ups](#) → From knees

A7. [Curtsey Squats](#) → Less depth

A8. [Plank](#) → From knees

A9. [Burpees](#) → low impact version

A10. [High Knees](#) → Marching

EXERCISE LIBRARY LINK