

HEART programme exercise menu

CHOOSE YOUR FULLBODY WORKOUT

Starters



1. *Arm circles forward x8*
2. *Punches for 30 seconds*
3. *Back lunge x8*
4. *High plank for 30 seconds*
5. *Cat-cow*
6. *Jumping jacks (or step outs) x8*
7. *Basic windshield wipers*
8. *Bridge*

Four repetitions

Moderate



1. *Plie squat arm circles x8*
2. *High plank to side plank x8*
3. *Cat-cow*
4. *Modified jumping jacks x8*
5. *Leg raises x8*

Three repetitions

Burner



1. *Bicep curls x8*
2. *Crab walk x8*
3. *Low plank knee drop x8*
4. *Cat-cow*
5. *180 degrees jumps*

Three repetitions

Brought to you by Nazwaal, Nabeelah and Cassidy