15 Minute Circuit

Start

1. Wide Squats

or

1. Frog Jumps

Each exercise: 30 sec

Rest: 2 min

Repeat: 1 to 2 times

2. Walk Push-up

3. Spiderman

4. Lunges

5. Tricep Dips

6. Step-ups

7. Bicycle

Finish

8. Bridge

by Lauren Phillips from Phyzique

for beafunmum.com

15 Minute Circuit

Warm up for 5-10 mins

Example warm up exercises: Walking, Jogging, neck rolls, arm circles, squats, wide squats, calf raises

15 Minute Circuit

Complete each exercise in the circuit for 30 seconds. Then rest for 2 minutes and repeat the circuit another 1-2 times

1. Beginner: Wide squats or Advanced: Frog jumps

Stand a little wider than hip width apart. With toes pointing to the outer corners, bend down, keeping chest up. Then, jump up and land in the same squat position.

2. Walking push ups. Beginner: on knees Advanced: on toes

Start with hands together, all of body in one line. Make sure your hips are not sagging and bottom is not raised. Place 1 hand out, a little more than shoulder width apart, bend elbows and push up. Hands come back together again before the action is completed on the other side.

3. Spiderman

Similar to walking push ups: place hands a little more than shoulder width apart. Start with feet together, keeping control of your core, and bend 1 leg out to the side, bend elbows and then push up. Place leg back in to starting point and bend the other leg out to do the other side. Keep repeating this action and concentrate on keeping the body in 1 line.

4. Lunges

Step out 1 leg, bend the back leg down to 90 degrees, making sure the front knee does not bend over your front foot. The knee should stay in line with the foot. Feet come back together, repeat on the other leg.

5. Tricep dips on chair or bench

Perform these on a bench or step and make sure the elbows point directly behind you as you lower your body down and back up again.

6. Step ups on step or chair

Use a height that you feel comfortable with and step up with alternate legs each time. Concentrate on squeezing the bottom as you rise.

7. Bicycle crunches

Perform this exercise slowly. Using a cycling motion with the legs, extending the legs out straight each time. Alternate the elbows from side to side, so the opposite elbow touches the opposite knee.

8. Bridge: beginners on knees - Advanced on toes

This is a core exercise. Make sure your elbows are under your shoulders and your bottom is in line with your back. Once in position, pull your navel to your spine. Hold. Complete this on the knees if you have back problems.

Cool Down

Stretch after every workout.

by Lauren Phillips from Phyzique

for beafunmum.com