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# Pre-Training Week 1 Monday

# LEGS & CARDIO

## Circuit One

2x7min

## Circuit Two

2x7min

### Squats

15 REPS



### Walking Lunges

24 REPS  
12 PER SIDE



### Stationary Lunges

24 REPS  
12 PER SIDE



### Sumo Squats

15 REPS



### Skipping

50 REPS



### Step Ups

24 REPS  
12 PER SIDE



### Knee Ups

24 REPS  
12 PER SIDE



### Mountain Climbers

50 REPS



Cool Down - Lower Body Stretch Routine (see page 84)

Pre-Training Week 1 Tuesday - LISS (35-45 mins)



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