

INTERMEDIATE HOME TRAINING PLAN

Day 1

At least 45 minutes of Cardio exercise in the form of running or cycling. Pushing yourself to achieve a new achievable goal each day.

Lower Body Workout

Jumping Jacks for 60 seconds
45 seconds Rest
Walking lunges for 60 seconds
45 seconds Rest
Squats x 15
45 seconds Rest
Wall sit for 30 seconds
45 seconds Rest
Spotty Dogs for 45 seconds
45 seconds Rest
10 x Burpees
120 seconds Rest

Carry out 4 times

Day 2

At least 45 minutes of Cardio exercise in the form of running or cycling. Pushing yourself to achieve a new achievable goal each day.

Upper Body Workout

Ab Crunches x 12
45 seconds Rest
Press ups x 20
45 seconds Rest
Toe Touches x 20
45 seconds Rest
Sit ups x 20
45 seconds Rest
Press up to Plank x 15
45 seconds Rest
Plank for 30 seconds
120 seconds Rest

Carry out 4 times

Day 3

At least 45 minutes of Cardio exercise in the form of running or cycling. Pushing yourself to achieve a new achievable goal each day.

Mixed Workout

V-Sits x 12
45 seconds Rest
15 x Burpees
45 seconds Rest
Back extensions x 10
45 seconds Rest
Jumping Jacks for 60 seconds
45 seconds Rest
Eccentric Press ups x 15
45 seconds Rest
Sprint on spot for 45 seconds
120 seconds Rest

Carry out 4 times

Day 4

At least 45 minutes of Cardio exercise in the form of running or cycling. Pushing yourself to achieve a new achievable goal each day.

Lower Body Workout

Jumping Jacks for 60 seconds
45 seconds Rest
Walking lunges for 60 seconds
45 seconds Rest
Paused Squats x 15
45 seconds Rest
Wall sit for 40 seconds
45 seconds Rest
Spotty Dogs for 45 seconds
45 seconds Rest
15 x Burpees
120 seconds Rest

Carry out 4 times

Day 5

At least 45 minutes of Cardio exercise in the form of running or cycling. Pushing yourself to achieve a new achievable goal each day.

Upper Body Workout

Ab Crunches x 15
45 seconds Rest
Press ups x 20
45 seconds Rest
Toe Touches x 24
45 seconds Rest
Sit ups x 25
45 seconds Rest
Press up to Plank x 15
45 seconds Rest
Plank for 30 seconds
120 seconds Rest

Carry out 4 times