

All Over Toning week 2

Perform each exercise in sequence then repeat circuit again

45 seconds work - 15 seconds rest - repeat circuit



Squats

Stand tall with feet shoulder width apart and toes turned out slightly. Core engaged, shoulders back and bend knees as you push hips back to lower body down. Keep chest up and knees behind toes throughout. Push through heels and squeeze bum when you come up.



Press-ups

On all fours with hands wider than shoulders, step knees back to lengthen body. Lower hips down so you have a straight line from head to knees. Tilt pelvis underneath to engage lower abdominals. Roll shoulders back and down to engage across shoulder blades and keep core tight. Hold position as you bend elbows to lower chest, taking hips down with you. Control back up keeping back flat and feet relaxed.



Alternating Lunges

Stand tall with good posture, shoulders back and core engaged. Step forward and bend both knees to lower back knee down towards the floor. Keep upper body tall throughout and hips pointing forward. Keep knee of front leg behind your toes. Push off front foot to bring feet back to hip distance apart then repeat on other leg.



Ab Curl

Lie on your back with knees bent and feet flat on the floor. Engage core and place hands on top of thighs. Use abs to curl upper body round so your chin is to your chest and eyes are peering through your knees. Slowly control back down so head and shoulders rest back down onto the floor.



Back Extension

Lie face down onto floor with legs extended back at hip width apart. Place hands in line with chest and forearms resting on the floor. Roll shoulders

back and down. Engage abs as you lift head and chest up off the floor. Try not to use your hands to lift yourself up.

Progression - lift arms up as you lift your chest

To progress, increase number of repetitions during work time while maintaining good form. A further progression would be to work for 60 seconds and have no rest between exercises.