

Name: _____ Date: _____			
<b>Program 1: 30 seconds work / 30 seconds rest</b>		<b>Program 2: 40 seconds work / 20 seconds rest</b>	
<b>Exercise</b>	<b>Time 10 – 20 minutes</b>	<b>Exercise</b>	<b>Time 10 – 20 minutes</b>
<b>Warm up</b> skipping	<b>3-5 minutes</b>	<b>Warm up</b> skipping	<b>3-5 minutes</b>
<b>Workout</b>		<b>Workout</b>	
Star jumps		Horizontal towel or rail chinups	
Pushups		Dips	
Bottom ½ squats		Single leg squats – Left leg	
Dips		Single leg squats – Right leg	
Lying tummy tuck		Bicycle crunches	
<b>Stretch</b>	<b>3-5 minutes</b>	<b>Stretch</b>	<b>3-5 minutes</b>
Repeat above <b>set</b> of 5 exercises 2, 3 or 4 times up to a maximum of 20 minutes per work out. <b>Intensity level 7 - 8</b>		Repeat above <b>set</b> of 5 exercises 2, 3 or 4 times up to a maximum of 20 minutes per work out. <b>Intensity level 8</b>	
<b>Program 3: 20 seconds work / 10 seconds rest</b>		<b>Program 4: Design your own program</b>	
<b>Exercise</b>	<b>Time 10 – 20 minutes</b>	<b>Exercise</b>	<b>Time 10 – 20 minutes</b>
<b>Warm up</b> skipping	<b>3-5 minutes</b>	<b>Warm up</b>	<b>3-5 minutes</b>
<b>Workout</b>		<b>Workout</b>	
Pushups	<i>Repeat this set of 4 exercises</i>		
Dips	<i>twice for 4 minutes</i>		
Jumping lunges			
Bicycle crunches			
<b>Stretch</b>	<b>3-5 minutes</b>		
<b>REST 1 MINUTE AFTER EVERY 4 MINUTES</b>		<b>Stretch</b>	<b>3-5 minutes</b>
Repeat above <b>set</b> of exercises times up to a maximum of 20 minutes per work out. <b>Intensity level 8 - 9</b>		<b>Intensity level 8 - 9</b>	