

Week 12 exercise program - session 4

Instructions:

1. Complete group 1 exercises continuously for 8 minutes, rest 1 minute
2. Complete group 2 exercises continuously for 8 minutes, rest 1 minute
3. Repeat steps 1 and 2

Total workout time: 32 minutes

Group 1

1. High knees x 1 mins



2. Obliques x 15 each side



3. Windscreen wipers x 15 each side



4. Push ups x 15



Group 2

1. Ab leg raises with hip thrust x15



2. Deltoid fly exercise band x 20



3. 4 x mountain climbers with 1 x push up x 15 rounds



4. Biceps exercise band x 20

