

8th – 14th June

Every day this week:

- High knees running – 5 mins with no rest
- Do your conditioning
- Record yourself doing your weekly challenge

Why not facetime a friend and do the work together? Don't forget to tag us in any posts on Instagram to be featured in our story!

Monday 8th June

- Bad Boys knees and feet sequence 3 times (video on website)
- 30 tennis ball squeezes each hand
- Feet rehab (video on facebook and link on website)
- 1 min hyper splits
- 10 elephant lifts

Tuesday 9th June

- 50 wide leg squats
- 50 lunge pulses each leg
- 30 tricep dips
- 50 raised press ups
- 5 x 1 min plank
- 100 arch rocks
- 20 kickovers
- 15 swim throughs

Wednesday 10th June

- 50 wide leg squats
- 50 leg lowers
- 30 body snaps
- 50 one legged squats each leg
- 100 handstand shoulder taps
- 30 burpee press ups
- 15 back walkovers
- 15 handstand pirouettes

Thursday 11th June

- Bad Boys knees and feet sequence 3 times (video on website)
- 30 tennis ball squeezes each hand
- Feet rehab (video on facebook and link on website)
- 1 min hyper splits
- 10 elephant lifts

Friday 12th June

- 50 wide leg squats
- 50 lunge pulses each leg
- 100 handstand shoulder taps
- 30 tricep dips
- 50 russian twists
- 5 x 1 min dish hold
- 20 handstand hold attempts
- 15 front walkovers

Saturday 13th June

- 50 wide leg squats
- 50 one leg squats on each leg
- 30 body snaps
- 50 russian twists
- 100 handstand shoulder shrugs
- 50 raised press ups
- 15 headstands
- 15 handstand pirouettes

Sunday 14th June

- Rest!