

25th – 31st May

Every day this week:

- Jumping jacks and high knees warm up – 5 mins with no rest
- Grace Kelly and Attention stretches – videos on website
- 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 25th May

- 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
- Bridge stretching

Tuesday 26th May

- 50 arch rocks
- 5 x 10 sec one leg glute bridge each leg
- 30 burpee press ups
- 30 v sits
- Triceps extension hold 5 x 15 seconds overgrip and undergrip
- Triceps extension bends 5 x 10
- 15 front walkovers
- 15 swim throughs

Wednesday 27th May

- 50 arch rocks
- 100 flutter kicks in dish
- 1 min front support
- 50 one legged squats each leg
- 100 handstand shoulder taps
- 15 headstands
- 15 back walkovers

Thursday 28th May

- 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
- Bridge stretching

Friday 29th May

- 50 arch rocks
- 5 x 10 sec one leg glute bridge each leg
- 30 burpee press ups
- 30 v sits
- Triceps extension hold 5 x 15 seconds overgrip and undergrip
- Triceps extension bends 5 x 10
- 15 swim throughs
- 15 back walkovers

Saturday 30th May

- 50 arch rocks
- 100 flutter kicks in dish
- 1 min front support
- 50 one legged squats each leg
- 100 handstand shoulder taps
- 15 headstands
- 15 front walkovers
- Take part in the quiz this evening!

Sunday 31st May

- Rest!