

Energised ladies cardio TBT challenge (Tum, Bum and Thighs) 😊

Bodyweight exercises.

You will need some sort of step for step ups. Make sure you warm up, perform some active stretches and cool down static stretches to finish. If you are short on time, just choose which sections 1,2, 3, or 4 you have time for.

Ladies, just put this together quickly for you, we are working on online training options and having a play with what works and what doesn't. I certainly know this is not perfect. Let me know what you love, and what you don't like about this program and the way it is presented. Love positive and negative feedback to help make our business a success. 😊

Exercises	Sets	Description
Warm-up		
5 min jog OR combination of body weight on the spot cardio ie jog, fast feet, high knees, butt kicks, squats, lunges	30 secs each, repeat x2-3 until warm	
Dynamic stretches		
Leg swings forward/back, side/side, hip hurdles, calf stretches, torso twists, arm circles, shoulder rolls	Repeat x6 per exercise per side	
#1 Cardio 1 min on the min		
Repeat the following each minute: Mountain climbers x8 Step-ups x8 each leg Burpees x8 Rest for the rest of the minute	Repeat for 7 minutes	Click link for demo exercises
REST up to 2 mins		
Low squat +reverse lunge x 10/leg		Hold squat low and perform reverse lunges, alternating legs
Sumo Squat x10		Wide stance squat. If you have a weight (Dumbbell/kettlebell) hold a weight low between your legs
Side step overs x 20		Stand sideways next to a step approx. 20cm high. Step sideways up onto step and down the other side and repeat back to other side = 1 rep
REST up to 2 mins		
#3 Superset strength		
Squat + alternating leg kicks x 10/leg		Hinge backwards at hips like you will sit on a seat to legs 90 degrees and stand back up, perform front kick with one leg, repeat squat and front kick with other leg.
Walkout press-up		Start standing up, bend over and walk your hands out on floor into plank position on your hands (at chest level) perform a press-up, think about squeezing arms down towards chest, after press-up, walk your hands back towards your feet and stand up raising your hands above head.
REST up to 2 mins		
#4 Core, Bum and balance		Click the link for demo exercises
Ballerinas x 20 (total)	Repeat x3	
Heel taps x 20 (total)		
Plank open twist x 10 (total)		
Glute bridge x 20 (total)		
Cool down stretches		
Calves, quads, hamis, glutes, back, shoulders, chest	Hold each for 30 secs	