

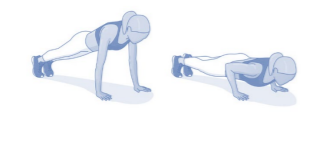

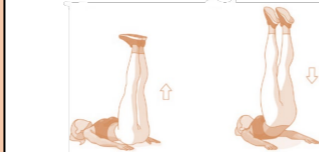

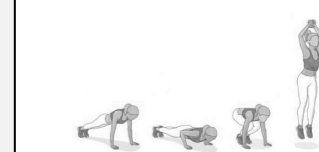
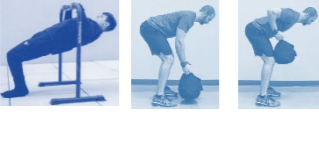




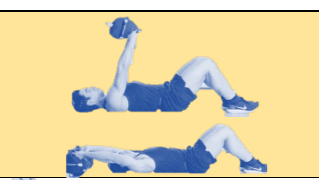

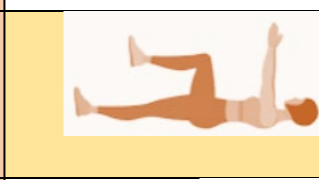

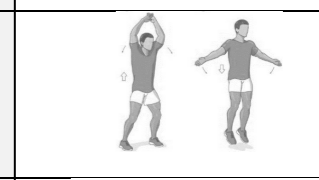
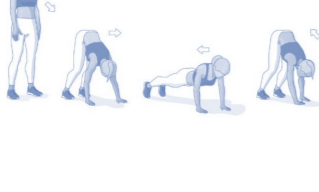

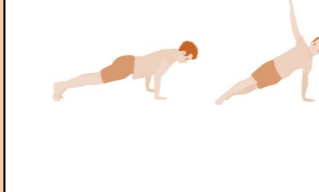


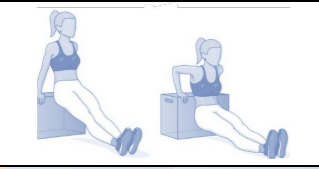
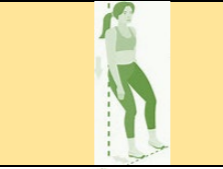
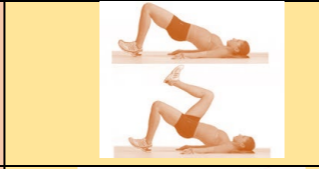
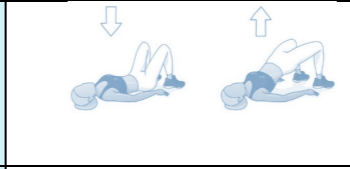
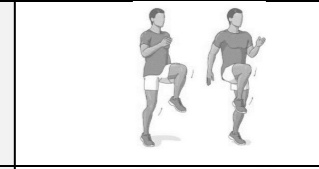



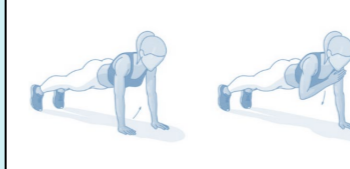


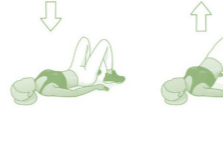

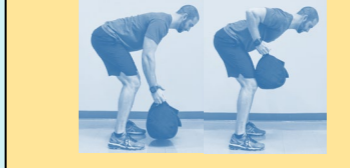
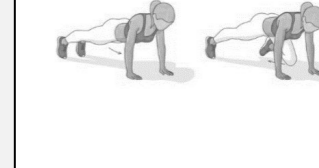


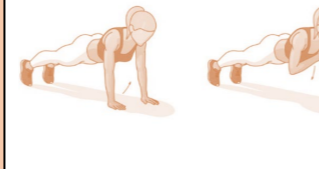

Limited Space/Equipment "Just Move" Circuits

Active Warm Up: 3 Rounds 20s jog on spot, 8 standing leg swings, 8 standing trunk twists, 8 arm circles. Then perform 1-3 reps of each exercise in chosen circuit to check technique, available space, or if further active stretch required.

Workout: 5 different sessions (upper, lower, core, whole body, & locomotion) for variety. Pick any you like and complete up to 2- 4x week as per your fitness and schedule allows to supplement other activity.

- Complete exercises top to bottom within their column. **Easy:** 30sec on, 20 sec rest. **Intermediate:** 45sec on, 15 sec rest. **Hard:** 50sec on, 10 sec rest. After last exercise, go back to top of column, repeat process.
- Complete at pace/resistance able to maintain good technique. Depending on time available and fitness level complete 2- 3 rounds. If you fatigue and are a rep or so away from failure, stop and march on the spot until next exercise.
- If personal bag accessible, fill with item/s for resistance. If dumbbells accessible, use for weightier challenge. No equipment? Either slow or quicken movement pace for challenge.

Finish: Stretch main muscle groups for minimum of 2x30sec. Think: chest, shoulders, arms, trunk, glutes, thighs, lower legs. Self-scan head to toe to see if anything else needs more and/or finish with mindfulness.

UPPER BODY SESSION		LOWER BODY SESSION		CORE SESSION		WHOLE BODY SESSION		LOCOMOTION SESSION	
Push Up (Or from knees)		Alternating High Knee (Jog or March)		Reverse Crunch *or legs bent		Mountain Climber		Burpees	
Body Row OR Object Row (Limit to 12 reps if back fatigues)		Standing Hamstring Curl (Jog or March)		Step Feet In/Out Plank (or plank from knees)*		Squats		Side to Side Shuffles	
Object Pullover		Wide Sumo Squat to Tall Calf Raise*		Deadbug Legs (Hold weight in hands for challenge)		Object Curl to Press		Jumping Jacks	
Inchworm to Plank		Hip Hinge* (Alternating single leg for challenge) Limit to 10 reps if back fatigues)		Side Plank Rotation (or from knees)		Burpees		Bear Crawl Forward / Back	
Supported Dip		Wall Sit*		Alternating Bridge March		Glute Bridge		Jog/Run On the Spot	
Shoulder Squeeze Superman		Reverse Lunges		Deadbug Arms (Rest weight on shins for challenge)		Shoulder Tap		Heel Kicks (Jog or March)	
Side Plank Rotation (or from forearms/knees)		Glute Bridge		Bicycle		Object Row, Stand between reps if back fatigues		Mountain Climbers	
Object Curl to Overhead Press		Squats		Shoulder Taps (or from knees)		Partial Squat Side Monster Walk		Shadow Boxing	