



Hi everyone,

We are really lucky this week to have been given a full week of workouts, **completely free**, courtesy of ChrisFit Gym and Studio. ChrisFit is a local gym which specializes in body transformation, personal and small group training. They have various gym classes including spinning, yoga and a charity running club as well as providing nutritional advice.

Head on over to their social media accounts on Facebook/Instagram for more information and evidence of their great work. You never know you might find a class that you really enjoy.

These workouts will take 45 mins to an hour depending on how quickly you work your way through them.

Good luck and enjoy!

WORKOUT AT HOME #1



THE WARM UP

10 X UP & DOWN THE STAIRS
10 X BURPEES EACH TIME
YOU GET TO THE BOTTOM

ROUND 1

50, 40, 30, 20, 10
FIRST ROUND 50 OF EACH, SECOND
ROUND 40 OF EACH AND SO ON...

SQUATS, SQUAT JUMPS,
LUNGE RIGHT, LUNGE LEFT,
SQUAT PULSES, BURPEES.

ROUND 2

5 X WALL SIT 30 SECS
25 X CRUNCHES & 10 SITUPS
BETWEEN WALL SITS

STRETCH!

WORKOUT AT HOME #2



THE WARM UP
PULSE RAISER, UP & DOWN
THE STAIRS X 20 PLEASE

AMRAP 25 MINS
(AS MANY ROUNDS AS POSSIBLE)

50 X MOUNTAIN CLIMBERS
45 X SHOULDER TAPS
40 X HIGH KNEES
35 X FAST STEPS
30 X STAR JUMPS
25 X IN & OUT JUMPS
20 X BACK & FORTH JUMPS
15 X BASKETBALL JUMPS
10 X FLAT BURPEES
5 X UP & DOWN STAIRS

TO FINISH
10 X SITUPS
50 X LEG RAISES
10 X SITUPS
50 X CRUNCHES
10 X SITUPS

**STRETCH
STRETCH
STRETCH**

WORKOUT AT HOME #3



THE WARM UP

3X HIGH KNEES 1 MIN
STARJUMPS 1 MIN

10 EXERCISES, 10 SETS, 10 REPS

**GLUTE BRIDGES
LUNGE-LUNGE-JUMP
ALT REVERSE LUNGE
DROP SQUAT
FROG JUMPS**

**PRESSUPS
MT CLIMBERS
SHOULDER TAPS
PRESSUP-MT CLIMBER
BURPEES**

STRETCH

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WORKOUT AT HOME #4



AB DAY!

3 ROUNDS,
1 MIN EACH EXERCISE

- HIGH KNEES-
- CRUNCH-
- REVERSE CRUNCH-
- CROSS CRUNCH-
- BICYCLE CRUNCH-
- SITUPS-
- ALT V-SITS-
- LEG RAISES-
- PLANK TAPS-
- PLANK-

STRETCH
10 MINS

STAY SAFE
AND HAVE
A NICE DAY

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WORKOUT

AT HOME #5



WARM UP x 10
HIGH KNEES X 20 SECS
REST X 10 SECS

THE WORKOUT
BEGINNER X 5
ADVANCED X 10

THE FINISHER
HIGH KNEES X 20 SECS
REST X 10 SECS

STRETCH

SQUAT JUMP X 25
SQUAT PULSES X 25
-
SPLIT SQUAT RIGHT X 25
LUNGE RIGHT X 25
SPLIT SQUAT LEFT X 25
LUNGE LEFT X 25
-
SUMO SQUAT X 25
SUMO CALF RAISE X 25
-
SQUAT TO KNEEL
BURPEE SQUAT

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WORKOUT

AT HOME #6



WARM UP x 10
STARJUMPS X 20
BURPEES X 5

THE WORKOUT

5 ROUNDS
1 MINUTE EACH EXERCISE
-STICKY FLATS
-PRESS UPS
-PLANK UP DOWNS
-SHOULDER TAPS
-HAND WALKOUTS

5 ROUNDS
1 MINUTE EACH EXERCISE
-TOE TOUCHES
-CRUNCHES
-SITUPS
-CROSS CRUNCH
-PLANK

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STRETCH

WORKOUT

AT HOME #7



WARM UP x 5
30 SECS EACH NON-STOP
STARJUMPS
MT CLIMBERS
HIGH KNEES
IN/OUT JUMPS



THE WORKOUT
20, 18, 16, 14, 12, 10.....2
KB SUMO SQUAT
ALT REVERSE LUNGE
KB SWING
DEADLIFT
SQUAT & PRESS RIGHT
SQUAT & PRESS LEFT
SQUAT HIGH PULL
SHOULDER PRESS
PLANK PULL



STRETCH 10 MINS
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