



PHASE 1: STRENGTH ENDURANCE CIRCUIT

Complete this workout every second day aiming for a total of 3-5x over the 10 days.

Exercise	Beginner	Intermediate	Advanced (5 x 5 reps)	Sets	Reps	Tempo	Rest	Load
1. Glute bridge	1 leg hip raise	Glute march	on stability ball	3	12-15	1sec lift, 3sec lower	0	bodyweight
2. Plank	hold	1 arm/leg lifts	on stability ball	3	30-60 secs	hold	0	bodyweight
3. Squat	Wall sit/BW squat	Goblet squat	Front KB squat	3	12-15	1sec lift, 3sec lower	0	light (60% of max)
4. Pushup	incline	standard	T pushup or 1 leg elevated	3	12-15	1sec lift, 3sec lower	0	bodyweight
5. Prone cobra	floor	stability ball	rotation on ball	3	12-15	slow & controlled	0	bodyweight
6. Twist	russian twist	stability ball	Sb with weight	3	12-15	slow & controlled	0	light (< 10kg)
7. Split squat	Split squat	reverse lunge	add movement or weight	3	12-15	1sec lift, 3sec lower	0	light (60% of max)
8. Burpees	thruster	floor	with tuck jump	3	12-15	moderate	1-2 mins	bodyweight

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5
1. Glute bridge					
2. Plank					
3. Squat					
4. Pushup					
5. Prone cobra					
6. Twist					
7. Split squat					
8. Burpees					