

Performed as a circuit workout. No rest, change straight over to next exercise.

Two minute break after each circuit, repeat three times.

OHS briefing: This workout is designed for low-moderate fitness levels, at home or outdoors using no equipment. We are assuming you are on a break from regular gym work, perhaps on vacation or the festive season – use slow & controlled movements, maintain healthy posture, maintain hydration levels and if you experience any dizziness or severe discomfort discontinue & seek medical advice.

Warmup: 5 min walk to the local park, around the block or perhaps do this workout after doing some gardening.



1

Body weight squat x 25



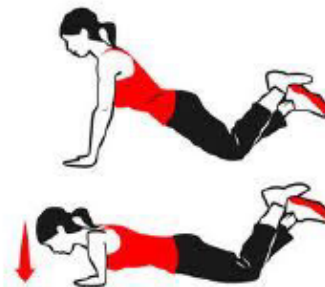
2

Modified dip x 15



3

Lunge x 12 each leg



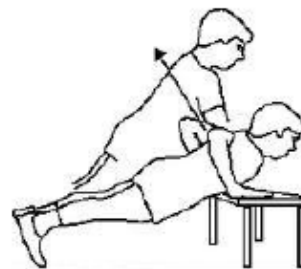
4

Knee push-up x 12



5

Wall sit 30 seconds



6

Box push-up x 12

Cool Down: Walking for about 5 mins, some light gardening or housework.

Tips for progression and motivation –

1. Simply add some volume – gradually add more reps to each station, or longer for the wall sit.
2. Aim to break a personal best (e.g. most push-ups ever) or total time (I did three circuits in 14 mins!)
3. Add resistance for leg exercises (med ball, 2L water bottle) and progress to full body push-ups.