

30 Minute FULL BODY HOME WORKOUT

CIRCUIT 1: LOWER BODY (REPEAT x3)

- 10x in-out jumping squat
- 10x kettlebell squat (8kg)
 - *make it harder by following through with an upright row
- 10x weighted alternating leg lunge (5kg each)
 - *once you are used to the 5kg weights, take it up to 7kgs

SKIP FOR 1 MINUTE

CIRCUIT 2: LOWER BODY (REPEAT x3)

- 10x dumbbell step-up (5kg each)
 - *once you are used to the 5kg weights, take it up to 7kgs
- 10x weighted calf raise (7kg each)
- 10x glute thruster

SKIP FOR 1 MINUTE

CIRCUIT 3: UPPER BODY (REPEAT x3)

- 12x Arnold shoulder press (5kg each)
 - *once you are used to the 5kg weights, take it up to 7kgs
- 12x tricep kickback (5kg each)
 - *once you are used to the 5kg weights, take it up to 7kgs
- 12x half hammer curl (5kg each)
 - *once you are used to the 5kg weights, take it up to 7kgs

SKIP FOR 1 MINUTE

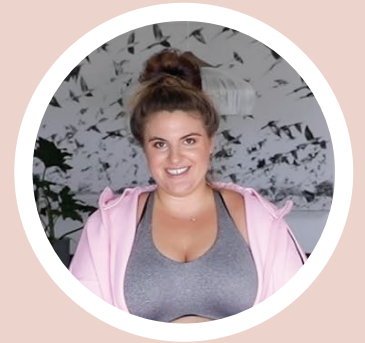
CIRCUIT 4: UPPER BODY (REPEAT x3)

- 12x dumbbell fly (5kg each)
- 12x unilateral front raise (6 per arm, 5kg each)
- 12x unilateral side raise (6 per arm, 5kg each)
- 12x dumbbell floor press (5kg each)

SKIP FOR 1 MINUTE

CIRCUIT 5: ABS (REPEAT x3)

- 15x Swiss ball crunch
- 15x bicycle crunch
- 1 minute plank



@fitnessgirl_za

CANAL WALK

30 Minute **WORKOUT EQUIPMENT LIST**



Aerobic step,
R699.90 at Sportsmans
Warehouse



6mm yoga mat,
R199.90 at Sportsmans
Warehouse



8kg kettlebell,
R279.90 at Sportsmans
Warehouse



1.0 foam roller,
R599.90 at Sportsmans
Warehouse



65cm anti-burst gym ball,
R259.90 at Sportsmans
Warehouse



Skipping rope,
R59.90 at Sportsmans
Warehouse



2x 5kg dumbbell,
R249.90 at Sportsmans
Warehouse



***Note:** good workout wear is important too, these are @fitnessgirl_za's favourite adidas items



Pureboost Go Shoes
R 1899 at Adidas



ID Stadium Hoodie
R 1299 at Adidas

CANAL WALK