SB STRENGTH WORKOUT

1. SKIPPING
3 minute rounds and aim for 3-5 rounds

A. 30 seconds of basic skipping
B. 30 seconds of high knee sprint skipping
C. 30 seconds of basic skipping
D. 30 seconds of high knee sprint skipping
E. Rest for 1 minute and go again!

2. SUMO SQUATS
8-12 reps and aim
for 3-5 rounds

3. SEATED ROW
Long band: 8-12 reps and
aim for 3-5 rounds

4. REVERSE LUNGE
Sliders: 8-12 reps and
aim for 3-5 rounds

5. PLANK & KNEES IN
Sliders: 8-12 reps and
aim for 3-5 rounds

6. ARM SLIDE OUTS
Sliders: 8-12 reps and
aim for 3-5 rounds

7. PULL BACKS
Long band: 8-12 reps and
aim for 3-5 rounds

UNIT NINE

UNIT NINE teamed up with strength coach and personal trainer Sarah Boulazeris to create some epic sweat inducing workouts, using your sweat pack plus gear.

Stalk us on:

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SB HIIT WORKOUT

1. SKIPPING

A. Warm up: 2 minutes of light skipping

B. Easy pace x 3 rounds
- Skip for 30 seconds
- Rest for 30 seconds

C. Medium pace x 3 rounds
- Skip for 30 seconds
- Rest for 30 seconds

D. Fast pace x 4 rounds
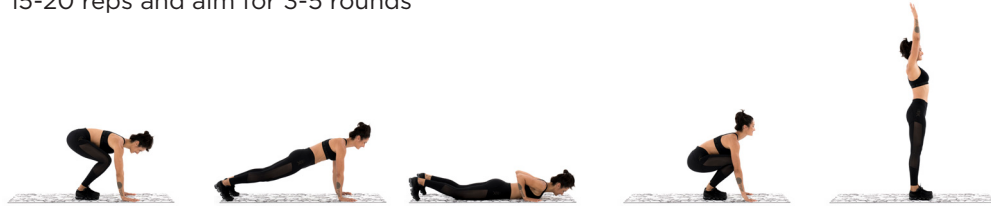- Skip for 30 seconds
- Rest for 30 seconds

2. JUMPING SQUATS
Mini bands: 15-20 reps and aim for 3-5 rounds

3. BURPEES
15-20 reps and aim for 3-5 rounds

4. MOUNTAIN CLIMBERS
Sliders: 15-20 reps and aim for 3-5 rounds

5. KICK BACK
Mini bands: 15-20 reps and aim for 3-5 rounds

6. TRIGGER POINT RELEASE
Ball: Hold for 30 seconds on any tight spots and release for 10 seconds, aiming for 3-5 rounds

SB BOOTY WORKOUT

1. SKIPPING
3 x 2 minute rounds of easy skipping to warm up

2. CRAB WALKS
Mini bands: 10 reps and aim for 3-5 rounds

3. GLUTE BRIDGES
Mini bands: 15 reps and aim for 3-5 rounds

4. CLAMS
Mini bands: 15 reps and aim for 3-5 rounds

5. SQUAT PULSES
Mini bands: 15 reps and aim for 3-5 rounds

6. LATERAL LUNGE
Sliders: 10 reps and aim for 3-5 rounds

7. DONKEY KICKS
15 reps and aim for 3-5 rounds

8. TRIGGER POINT RELEASE
Ball: Hold for 30 seconds on any tight spots and release for 10 seconds, aiming for 3-5 rounds