

40 MINS FULL BODY BURN

CARDIO BIKING 10 MINS



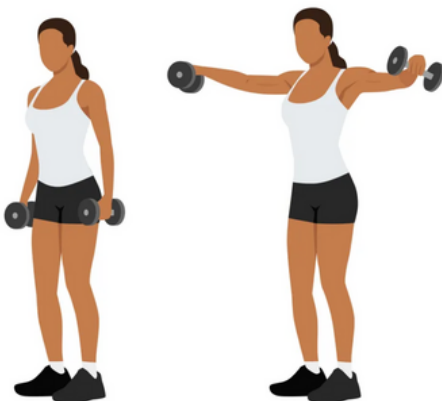
1. Cycling x 20 mins

- Try to keep your heart rate between 100 to 120 beats per minute (bpm).

CARDIO BIKING 10 MINS

1. Lateral Dumbbell Raise

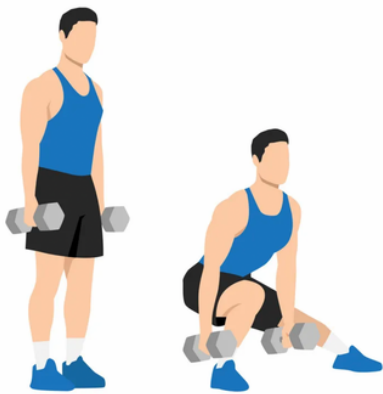
Target: Triceps, shoulders



- Hold the dumbbells on both sides of your body, standing with knees slightly bent.
- Lifting your upper arms out wide until they are parallel to the floor, avoid shrugging your shoulders. Meanwhile, forearms and wrists should hold still.
- Keeping the frame still when you put down the arms to the starting position to wrap up a full rep.
- Count 2-3 secs while going up, and 3-4 secs while going down.

10 reps to failure x 3 sets

2. Side Dumbbell Lunge

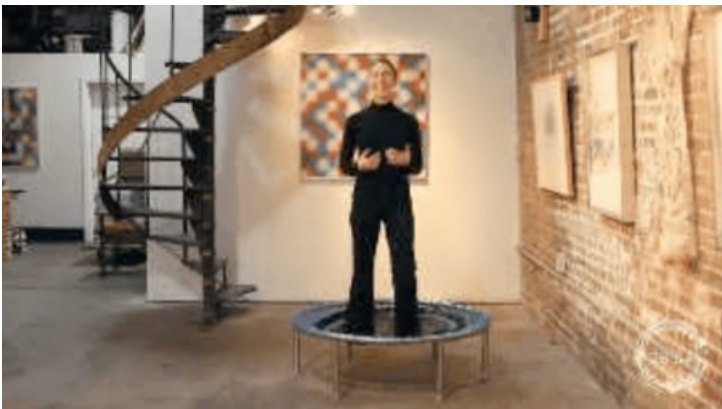


Target: Glutes, quads, inner thighs

- *Stand straight with dumbbells in both hands by your side.*
- *Take a giant step to the right, and push the butt back.*
- *Then, push yourself back to the starting position with your right foot and slowly lower the arms.*
- *Keep alternating legs until the set is complete.*

10 reps to failure x 3 sets

TRAMPOLINE JUMPS 15 MINS



1. Light Bounce

- *Keep your feet on the mat and start to find a nice alignment.*

2 min



2. Quick Step

- *Pull your knee and run on the mat as fast as you can.*
- *Drop your shoulders, and don't lean too far back.*

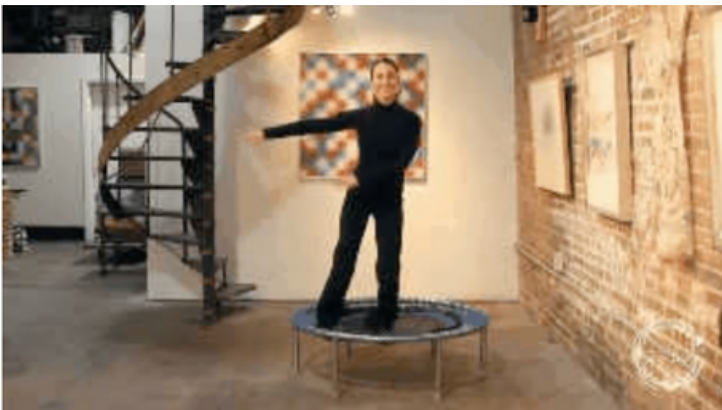
2 mins



3. Jumping Jack

- *Expand your arms and legs in and out.*
- *Squeeze your inner thighs throughout the move.*

2 mins



4. Side To Side

- *Get low a little bit, and swing your arms while jumping side to side.*
- *Control your core to keep balance.*

2 mins



5. Heel To Butt Kick

- *Bend your knees to kick your butt with the heel. Squeeze your glutes.*
- *Slower the move to maintain stability.*

2 mins



6. Twist

- *Rotate your waist and legs while keeping your torso neutral.*
- *Bend a little bit and tighten your body to move quickly.*

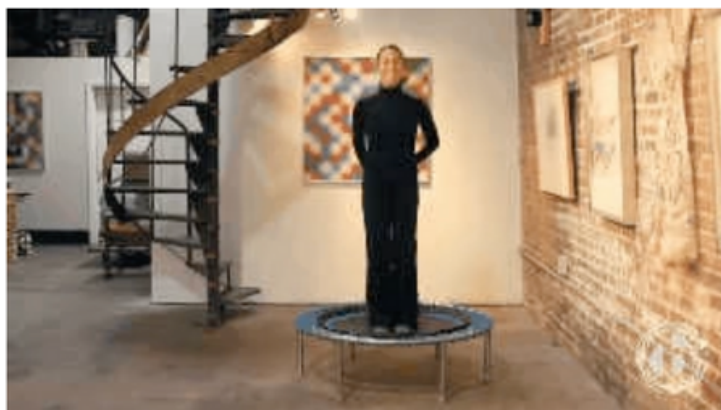
2 mins



7. Run 'n' Box

- *Alternating punch straight forward while having quick steps on the mat.*
- *Tighten your core to stay balance.*

2 mins



8. Recovery

- *Bounce for a little bit for recovery.*
- *Relax your shoulders down and catch your breath.*

1 min

STRETCHING MOVES 6 MINS

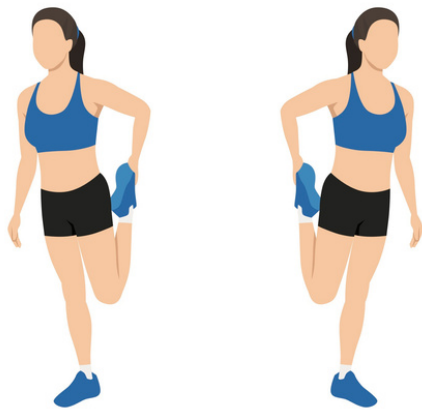


1. Across-the-chest Stretch

Target: Shoulders

- *Bring your right arm straight across the body.*
- *Hook the left forearm under the right arm and pull the right arm further.*
- *Hold this for up to 1 minute, then repeat the movement on the other side.*

1 rep x 2 sides



4. Standing Quad Stretch

Target: Quads

- *Stand with your feet hip-width apart and bend your right leg behind.*
- *Grab your right foot with your right hand and pull your right heel towards your hip by hand while keeping your knees close together.*
- *Hold this for up to 1 minute, then repeat the movement on the other side.*

1 rep x 2 sides