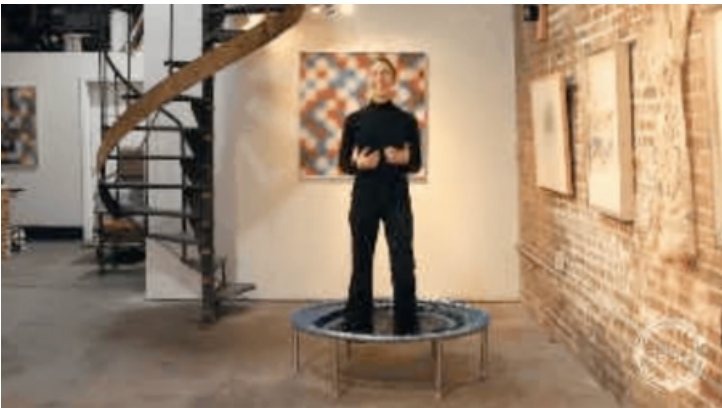


LIVING ROOM FUNDAMENTAL MIX

TRAMPOLINE JUMPS 15 MINS

*TRY TO REPET THIS CIRCUIT TWICE



1. Light Bounce

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

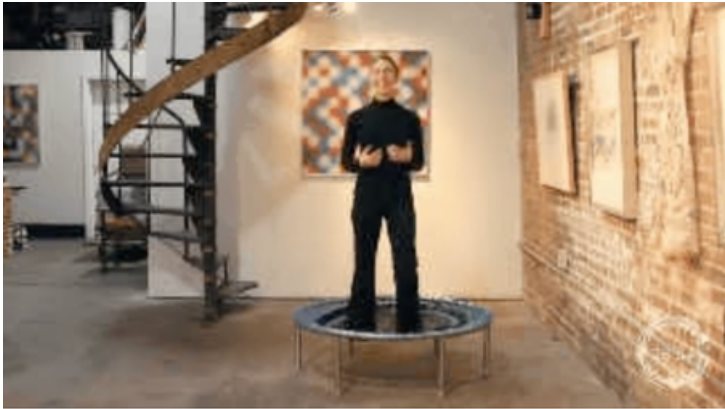
1 min



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. Light Bounce

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

1 min



4. Jumping Jack

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

2 mins

WEIGHT SESSION 35 MINS

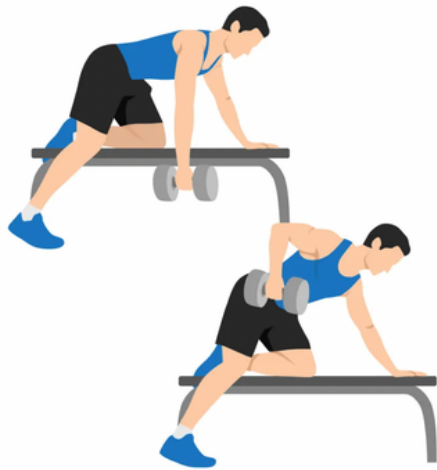


1. Incline Push Up

Target: Chest, shoulders and arms

- *Place your hands on the edge of the bench. Bend your elbows to slowly lower your chest to the bench.*
- *Hold on for a second, and push up.*
- *Keep your body straight and your elbows tucked in throughout the movement.*

10 reps to failure x 3 sets

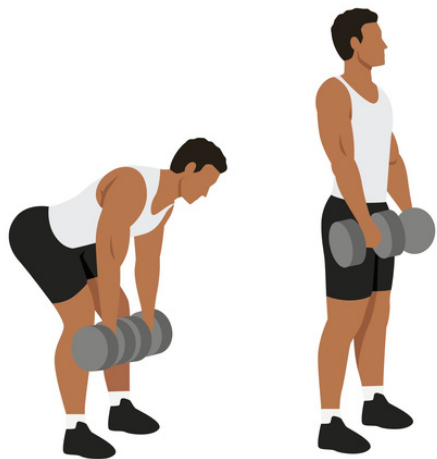


2. Bench Dumbbell Row

Target: Back

- Put your right leg on the bench and grab the front of the bench with your right hand for support, making your upper body parallel to the ground.
- Maintain your neutral spine and keep your wrist straight.
- Lift the dumbbell with your left hand up to your armpit. Then lower it down. And repeat.

10 reps to failure x 2 sides x 3 sets



3. Dumbbell Deadlift

Target: Glutes and hamstrings

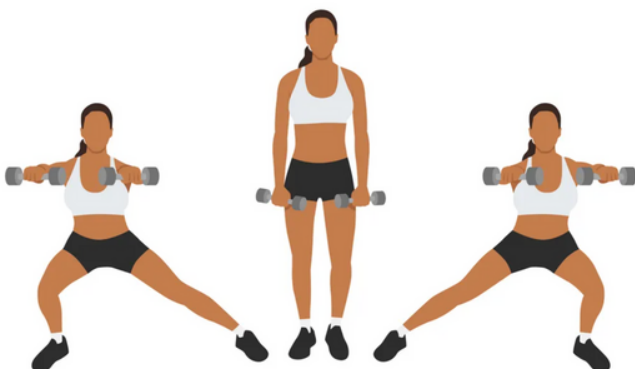
- Stand with your knees slightly bent and hold the dumbbells in front of you.
- Lower your hips slightly to hinge at the level of your hips. Pause when your torso is almost parallel with the floor.
- Return to standing while keeping your back neutral and the dumbbells close to your body.

10 reps to failure x 2 sets

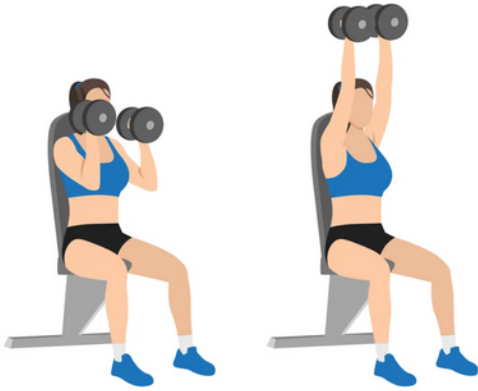
4. Side Lunge Raise

Target: Glutes, quads, inner thighs, shoulders

- Stand straight with dumbbells in both hands.
- Take a giant step to the right, push the butt back, and raise the weight in front of you.
- Push yourself back to the starting position with your right foot and slowly lower the arms.
- Keep alternating legs until the set is complete.



15 reps x 4 sets



5. Seated Shoulder Press

Target: Shoulders, arms

- Seated on the adjustable bench at 90 degrees and grab dumbbells in both hands. Make sure your spine is in a neutral position.
- Lift the weight slowly above the head by extending the arms and contracting the deltoids.
- Return slowly to the start position.

10 reps to failure x 4 sets

STRETCHING MOVES 6 MINS

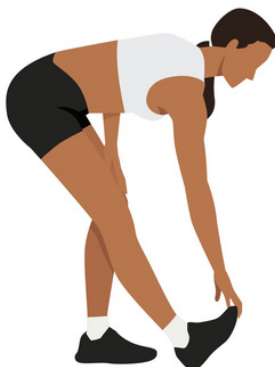


1. Across-the-chest Stretch

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



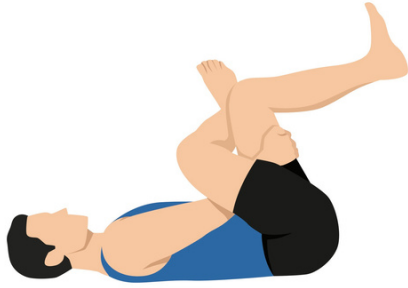
2. Standing Hamstring Scoop

Target: Hamstrings

- Standing with your feet hip-width apart, extend your right leg forward to have your heel hit the ground.
- Bend your left knee and reach your arms toward the right foot to stretch the right hamstring.
- Hold it for 10 seconds. Switch to the other side and repeat 3 times on both sides.

3 reps x 2 sides

3. Lying Glutes Stretch

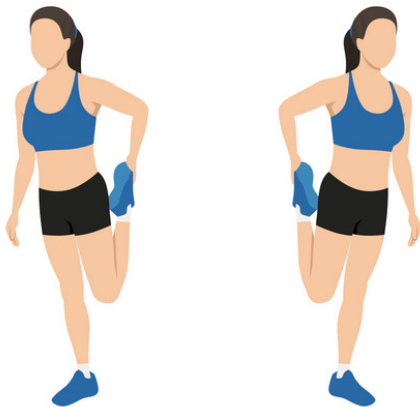


Target: Glutes

- Lie flat with face up and bend the knees.
- Cross right ankle over the left knee. Then gently pull the left leg toward your torso by the hands behind the left thigh, to stretch the glutes on the right side.
- 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