


**1**  
50 **JUMPING JACKS**




**2**  
20 **LEG RAISES**



**3**  
25 **squats**

**4**  
15 **burpees**

**5**  
30 **mountain climbers**




**6**  
60 **second wall sit**

**7**  
**Rest day**




**8**  
60 **second plank**



**9**  
30 **lunges**

**10**  
15 **press ups**


**11**  
25 **side leg raises (each leg)**



**12**  
10 **squat jumps**

# FEBRUARY FITNESS

**13**  
20 **calf raises**




**14**  
**Rest day**

**15**  
60 **seconds high knees**


**16**  
15 **v sits**




**17**  
30 **skaters hops**




**18**  
20 **plank shoulder taps**



**19**  
40 **punch jacks**




**20**  
20 **squat and kick**




**21**  
**Rest Day**

**22**  
15 **tricep dips**



**23**  
30 **bicycle abs**




**24**  
16 **lunge jumps**


**25**  
10 **inch worms**




**26**  
30 **crunches**



**27**  
25 **plank jacks**



**28**  
30 **glute bridges**



Make sure you do a suitable warm up before you do the exercise and watch the video if you are not sure what to do. Pay close attention to the safety points.