

10KG WEIGHT LOSS PROGRAM MONTH 1

Body-Weight Circuit x 3 (1min rest)

Alt Lunge & Squat	20
Lunge Forward & Back	10 (20)
Step over & Squat	20
Side Lunge with Jump Squat	20
Push ups with touch extends	10

Kettlebell Circuit x 3 (1min rest)

Alt Swings	20
Alt Lunge with pass	20
Alt Clean & Press	20
Alt Clean & Squat	20
Alt Shoulder Press	20

Cardio x 3 (1min rest)

Skip	1min
High Knees	1min
5m Shuttle Runs	1min

Abdominals x 3 (1min rest)

Sit-ups	10
Extensions	10
Lifts	10
Toe Touches	10