

10KG WEIGHT LOSS PROGRAM MONTH 2

Body-Weight Circuit x 3 (1min rest)

Lunge, Squat, Lunge (1 rep)	5 (10)
5 Squat pulses & glute ext (1)	10
Cross overs & Squat jump	20
Bunny Jumps (f+b = 1 rep)	10
Goddess Push-ups	10

Kettlebell Circuit x 3 (1min rest) (KB exercise followed by bodyweight)

S/A Swings	10 (20)	Burpees	20
S/A Lunge with press	10 (20)	Jump Lunges	20
S/A Squat & Press	10 (20)	Jump Squats	20
S/A Squats	10 (20)	Mountain Climbers	20
S/A Shoulder Press	10 (20)	Push-ups	20

Cardio

Skipping	10mins
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Abdominals x 3 (1min rest)

Bicycles	20
Heel Touches	20
Leg Drops	20
Up, Twist, Up (1 rep)	10 (20)