

10KG WEIGHT LOSS PROGRAM MONTH 3

Body-Weight Circuit x 3 (1min rest)

KB 360 Lunges (Right & L =1rep)	2
KB 360 Squats (Right & L =1rep)	2
KB Jump Lunges	20
KB Jump Squats	20
KB Push-ups	20

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

Surfer Get Ups	20	Fig 8 Swings	10
Burpee Push-ups	20	Alt Lunge & Press	10
Ice Skaters	20	Alt Squat & Press	10
Skier Jumps	40	Alt O/H Squats	10
Push-up mix	20	Alt Rotation Press	10

Cardio x 3 (1min rest) (Cardio followed by Bodyweight)

Skipping	2mins	Burpees	10
High Knees	2mins	Jump Squats	10
5m Shuttle Runs	2mins	Push Ups	10

Abdominals x 3 (1min rest)

S/A KB sit-ups	10 (20)
KB Passovers	20
S/A KB side snatch	10 (20)