



# Whole Body - No Equipment - Level 1



## Resistance

**8 exercises 28 minutes 313 MOVES 164 kcal**

### 1 - Activities - Walking (low intensity)



Duration: 05:00 min

### 2 - Free Exercise - Squat



30 sec x 60 sec  
30 sec x 60 sec

*Adjust squat depth so that you can complete 30 seconds of squatting each set with the last 10 seconds described as hard. To increase intensity squat to 90 degree knee angle and/or hold weights in your hands.*

### 3 - Free Exercise - Step up



30 sec x 60 sec  
30 sec x 60 sec

*Adjust step height so that you can complete 30 seconds of stepping up each set and the last 10 seconds would be described as hard.*

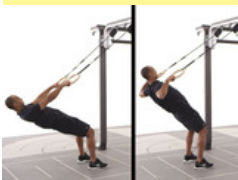
### 4 - Free Exercise - Forward lunge



30 sec x 60 sec  
30 sec x 60 sec

*Adjust lunge depth and length so that you can complete 30 seconds of each set with the last 10 seconds described as hard. To increase intensity further hold weights in your hands.*

### 5 - Omnia - Row - wide grip - rings



30 sec x 60 sec  
30 sec x 60 sec

*Adjust body angle so you can complete 30 seconds of each set with the last 10 seconds described as hard. Adjust body angle by starting the exercise with your feet closer to the point of support.*

### 6 - Free Exercise - Push-up - on knees



30 sec x 60 sec  
30 sec x 60 sec

*Adjust intensity so that you can complete 30 seconds of each set with the last 10 seconds described as hard. To increase intensity straighten your legs and do pushups on the toes. To decrease intensity, pushup leaning against a table or wall.*

### 7 - Dumbbells - Upright row - standing



30 sec x 5 kg x 60 sec  
30 sec x 5 kg x 60 sec

*Adjust weight so that you can complete 30 seconds of each set with the last 10 seconds described as hard. Dumbbells can be used or any suitable weight, such as bags filled with sand or plastic bottles of water.*

### 8 - Activities - Walking (low intensity)



Duration: 05:00 min

# Cardio

1 exercises 25 minutes 304 MOVES 160 kcal

## 1 - Circuit - Cardio Circuit

4 exercises 4 Rounds 60 sec Round rest time

### 1 - Free Exercise - Step up



R1 60 sec x 20 sec  
R2 60 sec x 20 sec  
R3 60 sec x 20 sec  
R4 60 sec x 20 sec

Select a step height that you can complete 60 seconds of stepping each set. If this is too intense don't use a step but simply step forward and back. Alternate left and right legs.

### 2 - Free Exercise - Squat



R1 60 sec x 20 sec  
R2 60 sec x 20 sec  
R3 60 sec x 20 sec  
R4 60 sec x 20 sec

Adjust squat depth so that you can complete 60 seconds of squatting each set. To increase intensity squat to 90 degree knee angle and/or hold weights in your hands.

### 3 - Free Exercise - Lateral lunge



R1 60 sec x 20 sec  
R2 60 sec x 20 sec  
R3 60 sec x 20 sec  
R4 60 sec x 20 sec

Adjust lunge depth and width so that you can complete 60 seconds of squatting each set. To increase intensity hold weights in your hands.

### 4 - Free Exercise - Skip - in place



R1 60 sec x 20 sec  
R2 60 sec x 20 sec  
R3 60 sec x 20 sec  
R4 60 sec x 20 sec

If this is too intense then march on the spot. To increase intensity skip faster and/or hold weights in your hands.