

CV

1. Step-ups

use the first run of your stairs

Mins 1

Arms

2. Bicep Curls

Start by using tins of food

Mins 1

Back

8. Bent Over Row

Single arm, use tins of food to start with

Mins 1

Legs

7. Squats

Feet shoulder width apart

Mins 1

The gugafit

“at home circuit”

please remember to warm-up for 5 minutes before commencing workout, and cool down for 5 minutes at completion of workout

Legs

3. Lunges

You don't need any resistance on this one!

Mins 1

Arms

6. Tricep Dips

Use the edge of a solid chair

Mins 1

Chest

4. Press-ups

If you find it to difficult, try the box press-up

Mins 1

CV

5. Skipping

Grab the rope and go outside to skip

Mins 1

Repetitions

3

