



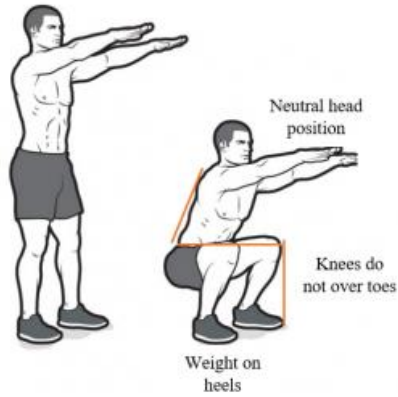
# **Christmas 2018 Body Weight Program**

Keep your body in good shape and help to burn off all of these extra calories consumed over the holiday period with this Bodyweight Program

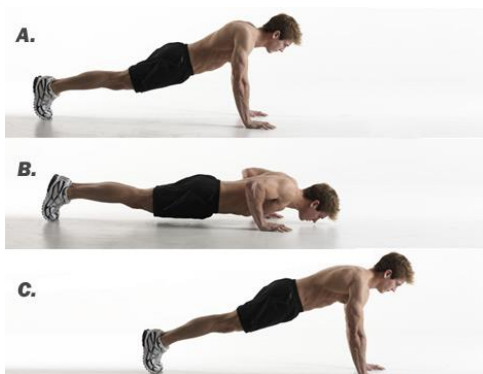
Duration: 30mins

Exercises: 6

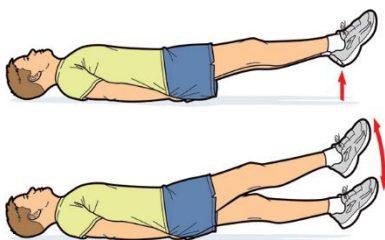
**1. Bodyweight Squat**  
(3 x 20) with 30 secs rest



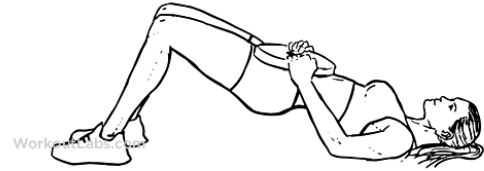
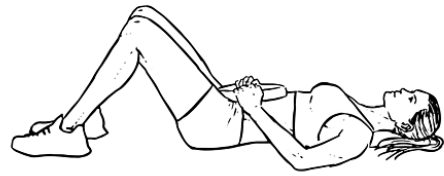
**2. Push Ups (Knees or Full Bodyweight)**  
(3 x 12) with 30 secs rest



**3. Flutter kicks**  
(3 x 30 sec) with 30 secs rest



**4. Glute Bridges**  
(3 x 20) with 30 secs rest



**5. Sit Ups**  
(3 x 20) with 30 secs rest



**6. Bear Crawls**  
(3 x 24) with 30 secs rest

