

AUBREY'S FOUR WEEK FITNESS CHALLENGE

WK	MONDAY	WEDNESDAY	FRIDAY
ONE	<p>CIRCUIT ONE <i>Duration: 3m</i></p> <p>15 Push-ups 15 Squats 15 Mountain Climbers</p> <p>WARM UP</p> <p>50 Jumping Jacks 25 Toe Touches 45s High Knees</p> <p>CIRCUIT TWO <i>Duration: 3m</i></p> <p>15 Chair Dips 15 Bicycle Crunches 10 Burpees</p> <p>Repeat 3X</p>	<p>CIRCUIT ONE <i>Duration: 3m</i></p> <p>10 Forward Lunges 10 Half Burpees 10 Shoulder Tap Push-ups</p> <p>WARM UP</p> <p>50 Jumping Jacks 20 Knee Ups 1m Jump Rope (Skip)</p> <p>CIRCUIT TWO <i>Duration: 3m</i></p> <p>10 Back Lunges 15 Leg Raises 10 Squat Jumps</p> <p>Repeat 3X</p>	<p>CIRCUIT ONE <i>Duration: 3m</i></p> <p>15 Push-ups 15 Straight Leg Sit Ups 15 Ab Scissors</p> <p>WARM UP</p> <p>50 Jumping Jacks 1m Running in Place 10 Straight Leg Raises</p> <p>CIRCUIT TWO <i>Duration: 3m</i></p> <p>15 Bridges 15 Legs Kick Backs 15 Supermans</p> <p>Repeat 3X</p>
	<p>CIRCUIT ONE <i>Duration: 4m</i></p> <p>15 Jump Squats 15 Chair Dips 20 Bicycle Crunches</p> <p>WARM UP</p> <p>75 Jumping Jacks 50 Toe Touches 20 Front Kicks</p> <p>CIRCUIT TWO <i>Duration: 4m</i></p> <p>15 Push-ups 20 Flutter Kicks 10 Burpees</p> <p>Repeat 3X</p>	<p>CIRCUIT ONE <i>Duration: 4m</i></p> <p>25 Mountain Climbers 20 Chair Dips 15 Half Burpees</p> <p>WARM UP</p> <p>1m Jump Rope (Simulate) 20 Knee Ups 20 Side Leg Raises</p> <p>CIRCUIT TWO <i>Duration: 4m</i></p> <p>20 Leg Raises 25 Reverse Crunches 20 Spidermans</p> <p>Repeat 3X</p>	<p>CIRCUIT ONE <i>Duration: 4m</i></p> <p>15 Jumping Lunges 15 Wide Push-ups 20 Supermans</p> <p>WARM UP</p> <p>75 Jumping Jacks 20 Lateral Jumps 20 Mountain Climbers</p> <p>CIRCUIT TWO <i>Duration: 4m</i></p> <p>20 Squats 20 Burpees w/ Push-ups 25 Side Crunches</p> <p>Duration: 4m</p>
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WARM UP

100 Jumping Jacks
25 Front Kicks
25 Side Leg Raises

CIRCUIT ONE

Duration: 5m

20 Push-ups
20 Full Sit Ups
20 Sumo Squats

CIRCUIT TWO

Duration: 5m

10 Forward Lunges
10 Reverse Lunges
20 Lateral Jumps

Repeat 4X

WARM UP

100 Jumping Jacks
20 Straight Legs Raises
15 Knee Ups

CIRCUIT ONE

Duration: 5m

20 Bridges
20 Leg Raises
25 Bicycle Crunches

CIRCUIT TWO

Duration: 5m

20 Russian Twists
20 Chair Dips
25 Knee Pull-ins

Repeat 4X

WARM UP

100 Jumping Jacks
20 Supermans
20 Lateral Jumps

CIRCUIT ONE

Duration: 5m

10 Burpees
15 Jumping Lunges
15 Diamond Push-ups

CIRCUIT TWO

Duration: 5m

50 Crunches
20 Planks w/ Rotation
20 Leg Kick Backs

1m Regular Plank
30s Side Plank
1m Wall Sit

Repeat 4X

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WARM UP

2m Jumping Jacks
1m High Knees
1m Front Kicks

CIRCUIT ONE

Duration: 6m

20 Push-ups
20 Burpees
20 Leg Raises

CIRCUIT TWO

Duration: 6m

20 Squats
25 Mountain Climbers
25 Scissors

Repeat 4X

WARM UP

1m Jump Rope
(Stimulate)
1m Toe Touches
1m Side Leg Raises

CIRCUIT ONE

Duration: 6m

25 Chair Dips
20 Shoulder Taps
20 Half Burpees

CIRCUIT TWO

Duration: 6m

25 Spidermans
15 Burpees w/ Push-ups
20 Full Sit Ups

Repeat 4X

WARM UP

1m Jump Rope
(Stimulate)
45s Mountain Climbers
1m Lateral Jumps

CIRCUIT ONE

Duration: 6m

25 Jumping Jack Squats
25 Supermans
20 Commandos

CIRCUIT TWO

Duration: 6m

20 Wide Push-ups
40 Flutter Kicks
25 Straight Leg Sit Ups

2m Wall Sit
2m Regular Plank
1m Side Plank

Repeat 4X