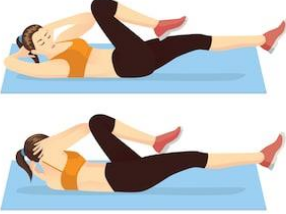






Week two:

Body Part:	Exercise:	Time/Reps:	Picture:	Description:
Abdominals Stomach muscles	Bicycle Crunches	30 seconds		Lift your legs up and away from your body. Bring your right knee to your chest and touch your left elbow to it. Alternate the crunch by touching the other knee with the opposite elbow.
Quadriceps Thigh muscles	High Knees	30 seconds		Start standing with feet hip-distance apart. Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so left knee is up before right foot lands.
Gluteus maximus Bum muscles	Knee Tucks	10 times		Begin in a comfortable standing position with your knees slightly bent. Hold your hands in front of you, palms down with your fingertips together at chest height. Rapidly dip down into a quarter squat and immediately explode upward. Drive the knees towards the chest, attempting to touch them to the palms of the hands.
Triceps Back of the upper arm	Plank to Press up	10 times		Start in a plank position on your forearms with your feet shoulder width apart and your lower back flat. Press your body up to a push-up position and then lower yourself back down into the plank.
Back	One arm plank	30 seconds then swap		Begin in plank position. Move your right hand underneath your head. Make sure your waist is lifting up, so your top hip is lifting up towards the ceiling. Shift your body to the side, so that you are balancing on the right hand. Place your left foot on top of your right foot. Now, extend your right hand off floor, shifting your weight onto your left hand and left leg.