

Body Conditioning Workout # 17

Level: Intermediate/Advanced

30 minute workout

Body Emphasis: Full Body

MyConditioningZone workouts are designed to provide total fitness and overall toning through working every major muscle group in one workout. You will be burning serious fat and tightening your body from head to toe through a range of cardiovascular, toning, strengthening and flexibility movements.

Fat Shred Circuits

Always warm up, cool down and stretch before and after doing a MyFitZone workout

Perform each exercise for 60 seconds and then take a 30 second break before moving on to the next exercise. Repeat the circuit again before moving on to Circuit 2 then Circuit 3. These circuits cover all the bases needed for a great fat-loss workout. They utilise body weight resistance exercise and can help you build and boost your natural hormone output and metabolism with high intensity training designed to tone muscle and strip away fat.

<u>Circuit 1</u>	<u>Circuit 2</u>	<u>Circuit 3</u>
<u>60s/30s</u>	<u>60s/30s</u>	<u>60s/30s</u>
1. Sumo Squat Forward & Back	1. Shoulder Tap Planks	1. Windshields
2. Twisting Lunges Pulse (For 3)	2. Knee Tuck Jump Ups	2. Side Reaches To Toe Taps
3. Crouching Leg Raises	3. Pike Plank Toe Taps	3. Glute Raises To Reverse Curl



Don't Forget To Do A Warm Up And Cool Down



Information Zone:-

1. We are always keen to know how you got on - you can post your results through on our Facebook page
2. Remember to always work on technique
3. If you choose to do an easier variation, try progressing from there - but make sure you keep your form at all times
4. Don't forget you can contact us through our website, Facebook or email if you have any questions
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk