

Low Intensity Interval  
Training

| Muscle Group | Exercises  | Time- Repetitions  | Circuits   | Rest Time                 |
|--------------|--|--|------------|---------------------------|
| Core         | <ul style="list-style-type: none"> <li>- Sit-ups</li> <li>- Jumping Jacks</li> <li>- Plank</li> <li>- Jumping Jacks</li> </ul>   | <ul style="list-style-type: none"> <li>- 30 reps</li> <li>- 30 seconds</li> <li>- 30 reps</li> <li>- 30 seconds</li> </ul>   | 5 circuits | 1 minute between circuits |
| Legs         | <ul style="list-style-type: none"> <li>- Squats</li> <li>- Rope jumps</li> <li>- Lunges</li> <li>- Rope jumps</li> <li>- Dead lift</li> <li>- Rope jumps</li> </ul>  | <ul style="list-style-type: none"> <li>- 30 Reps</li> <li>- 30 seconds</li> <li>- 30 reps</li> <li>- 30 seconds</li> <li>- 30 reps</li> <li>- 30 seconds</li> </ul>  | 3 circuits | 1 minute between circuits |
| Gluteus      | <ul style="list-style-type: none"> <li>- Donkey kicks</li> <li>- Low skipping</li> <li>- Donkey kicks</li> <li>- High skipping</li> <li>- Bridge</li> <li>- Jumping Jacks</li> </ul>   | <ul style="list-style-type: none"> <li>- 30 reps</li> <li>- 30 seconds</li> <li>- 30 reps</li> <li>- 30 seconds</li> <li>- 30 reps</li> <li>- 30 seconds</li> </ul>  | 3 circuits | 1 minute between circuits |
| Arms         | <ul style="list-style-type: none"> <li>- Biceps curl</li> <li>- Rope jumps</li> <li>- Hammers</li> <li>- Rope jumps</li> <li>- Triceps French Press</li> <li>- Low skipping</li> <li>- Kick Backs</li> <li>- Low skipping</li> </ul> | <ul style="list-style-type: none"> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> <li>- 30 seconds</li> </ul> | 3 circuits | 1 minute between circuits |
| Chest        | <ul style="list-style-type: none"> <li>- Push-ups</li> <li>- Jumping Jacks</li> <li>- Fly's with dumbbells on fitball for support</li> <li>- Jumping Jacks</li> </ul>  | <ul style="list-style-type: none"> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> <li>- 30 seconds</li> </ul>   | 5 circuits | 1 minute between circuits |
| Back         | <ul style="list-style-type: none"> <li>- Bent over row</li> <li>- Rope jumps</li> <li>- Bent over fly's with dumbbells</li> <li>- Rope jumps</li> <li>- Dorsal Extension</li> </ul>  | <ul style="list-style-type: none"> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> <li>- 30 seconds</li> <li>- 20 reps</li> </ul>  | 5 circuits | 1 minute between circuits |