

ALEXANDRA WILSON



Your 30-minute, go-anywhere, no-kit required, holiday workout

The routine is in interval style – the most effective type of exercise you can do to burn fat. You do quick bursts of intense exercise followed by rest periods. It cranks up your heart rate, boosts your metabolism, and increases the length of time you can exercise before lactic acid starts to build up in your muscles and you start to groan! Here are a few quick tips before you start:

- 1. Use a clock or stopwatch** The sets are based on time rather than the number of repetitions.
- 2. Push yourself and increase your reps over time** Take one minute per exercise, do as many reps as you can but start with 1-2. Push yourself as hard as you can. Your heart rate should be at a level where you are breathing hard and you can barely talk. Perform three to four times per week and push yourself hard to complete more reps as you progress.
- 3. Record your progress** Record the number of reps you do so you can keep track of improvements. You'll feel great when you see your progress and it'll encourage you to push even further.

THE EXERCISES

Work your way through each of the four circuits (A to D), performing the four exercises (A1, A2 etc) in order, each for 1 minute, with rest periods half way through as shown.

CIRCUIT A

A1 - Static Squat In/Out Jump (1 min)

- Hold a semi-squat position with feet together.
- Jump both feet out to the sides landing in a wide stance squat.
- Quickly bring both feet back into the centre and repeat.
- Remember to keep legs bent in a half squat the entire time.

A2 - Prone Cross Toe Touch (1 min)

- Adopt a push up position.
- Bring one foot across your body to touch the opposite side's hand and return.
- Alternate sides for each rep.

REST ONE MINUTE

A3 - Jumping Jack (1 min)

- A classic, these are good old fashioned jumping jacks.

A4 - Burpee (1 min)

- Adopt a push up position.
- Jump both legs in towards your chest and stand up and repeat.

REST TWO MINUTES

CIRCUIT B

B1 - Mountain Climber (1 min)

- From a push up position, quickly bring one knee in towards your chest.
- Return to the start position, and immediately bring the other knee into your chest.
- Only one foot should be in contact with the ground at anytime.

- Crank these reps out fast.

B2 - Jump Squat (1 min)

- Cross your arms in front of your body and perform a low squat.
- As you come out of the squat, jump straight up into the air as high as possible.
- Transition immediately into the next rep.

REST ONE MINUTE

B3 - Inchworm (1 min)

- Bend forward and place your hands on the ground in front of your toes.
- Walk your hands forward until you reach a plank position.
- Then walk your feet towards your hands and repeat.

B4 - Spiderman Climb (1 min)

- From a push up position, bring the knee up towards the elbow (same side) and return.
- Alternate sides with each rep.

REST TWO MINUTES

CIRCUIT C

C1 - Tuck Jump (1 min)

- Jump and get as high as you can while bringing your knees into your chest.
- Minimise floor contact time and repeat immediately.
- When you land, bend your knees to soften the landing.
- Use your arms to give you momentum to get higher.

C2 - Alternating Squat Kick (1 min)

- Squat down low and as you come up, lift one leg and kick straight ahead.
- Do not jar your knee by snapping the kick too hard.
- Alternate sides.

REST ONE MINUTE

C3 - Bicycle Crunch (1 min)

- Focus on bringing alternate knees and elbows into the centre as you crunch.
- Crank out the reps quickly.

C4 - Explosive Step Up (1 min)

- Similar to a basic step up.
- Focus on exploding into the air at the top of the rep and switching feet before you land.
- Alternate legs with each rep.

REST TWO MINUTES

CIRCUIT D

D1 - Alternating Hand/Forearm Step Up (1 min)

- Start in a push up position.
- Step down onto each forearm one after another and then back up onto your hands.
- Repeat alternating between hands and forearms.

D2 - Lateral Step Out Squat (1 min)

- Begin in a semi squat position and take a wide step out to the side and return to centre.
- Repeat with the other leg to the other side.
- Develop a tick tocking rhythm but be sure to maintain that semi-squat position.

REST ONE MINUTE

D3 - Swiss Ball/Table Alternating Step Off (1 min)

- Begin with your feet on a swiss ball/table and your hands in a push up position.
- Bring one foot off the ball/table to touch the ground lightly, and return.
- Repeat with the other foot and alternate.

D4 - Jump Lunge (1 min)

- After lunging forward your going to explosively jump into the air.
- Switch legs before you land, and go straight back into a lunge.
- Alternate from side to side exploding into the air.

REST TWO MINUTES