

High energy workout

This workout has been developed to help you increase your energy levels and burn fat. It works you harder for a short time, so you should feel challenged throughout - try not to rest until the end.

Using equipment:

Any piece of CV equipment

- Warm-up for 5 -10 minutes
- Start easy and gradually build up speed.

X-Trainer

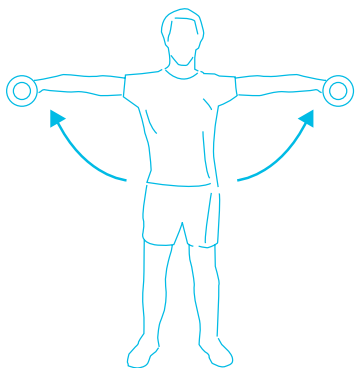
- 2 - 5 minutes - work as hard as you can for the duration.

Rower

- 500m as fast as you can.
- Note your time and aim to beat it next time.

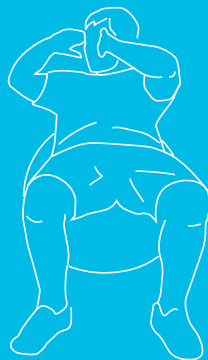
Any piece of CV equipment

- 5 minutes after the workouts on the right.



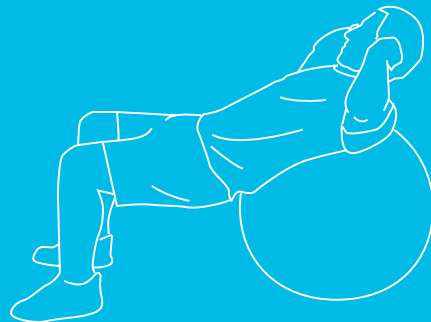
Lateral Raises (above)

- 15 - 25 repetitions
- Use fairly light weights a
- Only lift to shoulder height
- Keep your arms straight



Twisted Sit-ups (left and below)

- 15 repetitions each side
- Work as hard as you can



Alternate Leg Thrusts (below)

- 12 - 20 repetitions
- Move your legs as fast as you can and activate your core

