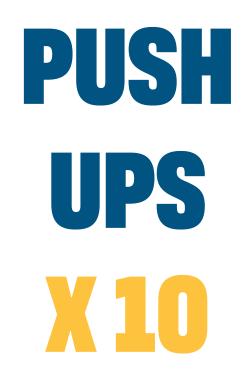
MISSING YOUR FAVOURITE WORKOUTS? **DO THEM AT HOME** SWIPE FOR HOME ALTERNATIVE TO Les Mills BodyAttack

> Lesmills BODYATTACK

SET 1 AS MANY ROUNDS AS POSSIBLE 3 EXERCISES BACK TO BACK FOR 3 MINS. 1 MIN REST. REPEAT.

SQUAT JUNPS X 10





JURDENCE LUNGES V 10

30 SECS OF EACH EXERCISE. 10 SECS REST BEWTEEN EACH EXERCISE. 1 MINS REST. REPEAT.

Burpees Mountain Climbers Skaters Plank Shoulder Taps Jumping Jacks

SET B TABATA ROUND 20 SECS ON. 10 SECS REST. REPEAT X 8. HIGH KNEES

HOW DID YOU DO? LET US KNOW USING

#WELIVEACTIVE