

WHOLE-BODY HOME WORKOUT

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This is the first workout in a weekly series released by Lincolnshire FA. You do not need any equipment, but remember to do a quick warm up, focusing on raising your pulse rate before you start.

To ensure you are performing all exercises correctly, simply click on the exercise and it will direct you to an instructional YouTube video to aid you.

Target Completion Time: 25-minutes

Complete each circuit twice before moving onto the next.

Keep Rest to a minimum, keeping the intensity as high as possible.

Circuit 1:

10 Burpees

20 Tricep Dips

30-second Plank

40 Squat Jumps

50 Jumping Jacks

Circuit 2:

10 Push-ups

20 High Knees

30-second Plank

40 Sumo Squats

50 Mountain Climbers

Circuit 3:

10 Supermans

20 Jumping Lunges

30-second Plank

40 Glute Bridges

50 Jumping Jacks

Be sure to let us know how quickly you can complete this workout on Twitter on @LincolnshireFA, or via email on: greg.handsley@lincolnshirefa.com