

Home Workouts

3 exercises in a circuit, no rest. 30 secs rest between each circuit.
Keep going for 10 minutes. Repetitions: Until sore + 2/3!

Body Weight / No Equipment Workouts

The 'Bon Jovi'	Press Ups	Reverse Lunges	Leg Raises
The 'Whitesnake'	Chair Dips	Front Lunges	Side Crunch
The 'Van Halen'	Towel Pulls	Wall Squats	Plank
The 'Eurythmics'	90 Degree Press Ups	Bridges	Cycles
The 'Bangles'	Behind Head Towel Pulls	Drinking Birds	Plank Dips
The 'Starship'	One Arm Twists	Lower Half Squats	Clams

Weights Workouts

The 'Depeche Mode'	Shoulder Press	Squats	Weighted Twists
The 'Bananarama'	Bent Over Rows	Straight Leg Deadlifts	Weighted Crunch
The 'Spandau Ballet'	Triceps Extension	Weighted Steps	Leg Raise Lifts
The 'Billy Idol'	Biceps & Shoulder Press	Swings	Slow Crunches
The 'Simple Minds'	Front Raises	Front Lunges	Plank Tucks
The 'Huey Lewis'	Lying Pullovers	Reverse Lunges	Cycles