

<b>Day:</b>					
<b>Exercise</b>	<b>Target</b>	<b>Weight Used</b>	<b>1st Circuit</b>	<b>2nd Circuit</b>	<b>3rd Circuit</b>
Bodyweight Squats	20 reps				
Press-Up	10 reps				
Lunges	20 reps	kg			
Dumb-bell Row (each arm)	10 reps	kg			
Plank	15 secs +				
Jumping Jacks	30 reps				

<b>Day:</b>					
<b>Exercise</b>	<b>Target</b>	<b>Weight Used</b>	<b>1st Circuit</b>	<b>2nd Circuit</b>	<b>3rd Circuit</b>
Bodyweight Squats	20 reps				
Press-Up	10 reps				
Lunges	20 reps	kg			
Dumb-bell Row (each arm)	10 reps	kg			
Plank	15 secs +				
Jumping Jacks	30 reps				

<b>Day:</b>					
<b>Exercise</b>	<b>Target</b>	<b>Weight Used</b>	<b>1st Circuit</b>	<b>2nd Circuit</b>	<b>3rd Circuit</b>
Bodyweight Squats	20 reps				
Press-Up	10 reps				
Lunges	20 reps	kg			
Dumb-bell Row (each arm)	10 reps	kg			
Plank	15 secs +				
Jumping Jacks	30 reps				

<b>Day:</b>					
<b>Exercise</b>	<b>Target</b>	<b>Weight Used</b>	<b>1st Circuit</b>	<b>2nd Circuit</b>	<b>3rd Circuit</b>
Bodyweight Squats	20 reps				
Press-Up	10 reps				
Lunges	20 reps	kg			
Dumb-bell Row (each arm)	10 reps	kg			
Plank	15 secs +				
Jumping Jacks	30 reps				