

# ONE STEP AHEAD



## 1. QUICK KNEES UP

 30 SEC

REST 10 SECONDS



## 2. LEFT, RIGHT & TOUCH

 20 SEC

REST 10 SECONDS



## 3. PUSH-UP BURPEES WITH VOLLEY

 30 SEC

REST 20 SECONDS



## 4. FRONT LEG SWINGS + SINGLE LEG TOE TOUCH

 6 REP



## 5. KNEES UP + ONE LEG JUMPS

 30 SEC

REST 1 MINUTE