

Rev up your Routine Workout

Looking to rev up a boring routine you've been doing for ages, use this to break through that plateau. Remember to warm up first and do a stretch of all the major muscle groups before beginning the workout. This workout mixes up athletic training with some strength moves. You can do this workout indoors but if it's great outdoors take it out there. Get away from working with reps and sets and use time. Do each exercise for 2 minutes and take a 1 minute rest between exercises. If you can't manage 2 minutes then start by doing 1 minute with a 1 minute rest and build it up slowly until you can do 2 minutes straight. In the end you will build muscular endurance, agility and strength. What a bonus!! Good Luck.

Walking Lunge

Stand with your feet together, hand on hips. Contracting your abs, step forward with your right foot lowering your knee to the floor until your left thigh is almost parallel to the floor. Make sure your knee is at a 90% angle and is not too far forward, it should be over your ankle. Bring your left foot in so your feet are together and repeat on the other side. Continue like this for 2 mins (if you can), if you run out of space turn around and carry on. If you want to intensify this exercise hold a pair of dumbbells at your side.

Side Walking Squat

Stand with your feet slightly wider than shoulder width apart. Assume a squat position with your hand out in front of you with your hands clenched together. Keep your butt low and your knees over ankles. Step your left foot a foot or two to the left, keeping your chest lifted and your abs tight. Bring your other leg in to the start position. Carry on this way for 1 minute then change lead legs and work to the right. Try to stay in the squat position through this exercise. I know it's hard but it will be worth it! To intensify this exercise, slow it down to fatigue the muscles.

Backward Walking Lunge

Stand with your feet together, hands on hips. Contract your abs, step your left foot behind you a foot or two and lower your body until your right thigh is parallel to the floor. Keep your chest up and shoulders back. Push off your right heel, bring your right knee up to hip level and step your right foot back to your left foot. Repeat with the other foot and carry on this way for 2 mins. To intensify hold a medicine ball in front of you as you lunge.

Forward Jump

Stand with your feet shoulder width apart, arms at your sides. Contract your abs, bend your knees slightly with your chest lifted. Using your arms to help propel you, jump high into the air moving forward as you do so and land with soft knees into a squat if possible. Make sure your knees stay behind your toes. Try to do this for 1 min turn around and do it for another minute. Do it slowly and concentrate on good form. To intensify it, try to jump as far as you can each time.

High Knee Run

Run forward on a flat surface, taking tiny steps on the balls of your feet and bringing your knees up as far as you can. Do this for 2 mins. To intensify try running up a hill.

Butt-Kicking Run

Start on a flat surface, run forward taking tiny steps on the balls of your feet while kicking your heels behind trying to kick your butt. Do this for 2 mins. To intensify try running down a hill.

Lying Flutter Kick

Lie face up on the floor or on a step with your legs extended. Keep your arms by your sides with your fingers pointing towards your toes. Contract your abs and lift your shoulder blades slightly off the ground or step. Lift your legs up an inch or two and begin to flutter them up and down. Try to do this for 2 mins. Don't hold your breathe through this move. To intensify try to hold your legs off the ground without moving them for 30 after 1 min then complete your flutters. Wow, what a burn!

Lying Scissor

This is like the above exercise but instead of moving the legs up and down move them in a scissor action. Keep your abs contracted and don't strain your neck. Breathe normally, don't hold your breath. Intensify as above.

Step Alternate Push up

Get down on the floor on your hands and toes in a push up position. With your body on the right side of a step, contract your abs, place your left hand on the step and your right hand on the ground. Lower your body in a push up, going as low as you can without breaking form. Push back to the start and repeat. After 10 reps change sides and repeat on the other side. Keep repeating this exercise for 2 mins. To intensify change hands after each rep. If you can't manage a full push up try doing the whole thing on your knees and build up to a full push up version.

That's the workout! Well done!

Try slotting this workout in once a week just to mix up your usual routine and watch the results.