



Family home workouts

CB FITNESS

Can you spot the funny face and the thumbs up within the pictures?





WORKOUT 1

Burpees	30s
Press ups	30s
Zombie kicks	30s
Supermans	30s

Do as many as you can in 30s and repeat the workout 5 times!





Burpee





Press ups





Zombie kicks





Supermans





WORKOUT 2

3,2,1 Lift off (Jump squats)	30s
Windmills (Toe taps)	30s
Fast cycles	30s
Plank	1min

Do as many as you can for the time allowed, only difference is plank- hold still for 1 minute and repeat the workout 5 times!





3,2,1 Lift off





Windmills





Fast Cycles





Plank





CB Tips

- Try to add a small run or skip at the end of each workout to cool yourself down.
- Take it in turns to lead a warm up a different family member every time.





Let me know how you get on!

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