

## 8 STEPS TO FABULOUSNESS

This workout is designed to get more intense each step you take.

Start off at step 1, complete the exercise and then move on to step two and repeat step 1 and continue all the way to step 8 always repeating each step below back to one before moving on to the next exercise.

For example if you are at Step 5 then you will do Step 5, 4, 3, 2,1 then move on to Step 6 and repeat all of the 5 others too! This workout is sure to get you sweating up a storm and will keep your heart pounding for a fast, fun and fab workout!

To start please place all 8 printouts of the 8 steps on the wall and have them flipped over so you don't know what is coming at you next. As you move on from each step flipping the next one over to reveal the fun times ahead!

**What you need:** weights and yoga mat

### **WORKOUT:**

5 Minute Warm up

**Step 1:** 30 seconds of High Knees

**Step 2:** 1 minute of alternating forward lunges

**Step 3:** 30 seconds of Jump Squats

**Step 4:** 1 minute squats – 3 counts down and 1 count up

**Step 5:** 30 seconds jumping jacks

**Step 6:** 1 minute of Push ups – against the wall or on the ground

**Step 7:** 30 seconds of Burpees

**Step 8:** 1 minute Wall sit or hold low squat

Ab work 4-5 minutes

Cool Down – 5 minutes

**1**

**30 seconds**

**High Knees**

**2**

**1 minute**

Alternating forward  
lunges

**3**

**30 seconds**

**Jump Squats**

**4**

**1 minute**

**Squats**

**3 counts down**

**1 count up**

**5**

**30 seconds**

**Jumping jacks**

# 6

**1 minute**

Push ups –  
against the  
wall or on  
the ground

**7**

**30 seconds**

**Burpees**



**8**

**1 minute**

**Wall sit or hold  
low squat**