

SKF New Year Fitness Kick Start Program

Name:

Date: January 2023

Exercise	Warm-up	Upper Body	Core	Legs	Cardio	Shadow Boxing	Kicking	Sally
Week (date)	Skipping	Press Ups	Leg Raises	Alternating Lunges	Star Jumps / Burpees	(Partner, Target)	Supported (Target)	<i>Green Sally Up & Downs</i>
1	1 Minutes	30 Seconds	30 Seconds	30 Seconds	30 Seconds	2x 1 Minute	2x 30 Seconds	<i>Plank / Core</i>
2	2 Minutes	30 Seconds	30 Seconds	30 Seconds	30 Seconds	2x 1 Minute	2x 30 Seconds	<i>Squat Hold</i>
3	3 Minutes	1 Minute	1 Minute	1 Minute	1 Minute	2x 2 Minute	2x 1 Minute	<i>Leg Raises</i>
4	4 Minutes	1 Minute	1 Minute	1 Minute	1 Minute	2x 2 Minute	2x 1 Minute	<i>Press Ups</i>
Goal						Reward		