



**Places  
Gym**

Part of Places for People

# 5-day full body workout plan

1

## Toning

Dumbbell Lunges - 12 reps | Squats - 15 reps | Burpees - 10 reps |  
Dumbbell Row - 12 reps | Plank - 30 seconds | Russian Twists - 12 reps

2

## HIIT

Bike - 5 mins | Burpees - 10 reps | Star Jumps - 25 reps |  
Jumping Squats - 10 reps | Crunches - 10 reps | High Knees - 25 reps

3

## 10,000 steps

Rest days are important - your body needs to recover. You can still be active on rest days but try something low-impact such as targeting yourself to 10,000 steps.

4

## Core

Sit ups - 20 reps | Side plank - 30 seconds | Heel Touches - 20 reps |  
Mountain Climbers - 30 seconds | Bicycle Crunches - 30 reps

5

## Fitness class

Variety is key! Mix up your workout with something different to keep it interesting. Try a full-body fitness class such as Body Pump or Group Cycling.

Made to move you