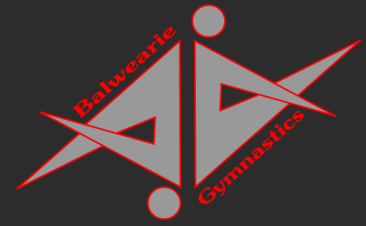


CARDIO



RUNNING

- record your times
- Aim for the targets
- Keep going
- Do what you can

between

1k - 5 - 8 mins
2k - 10 - 17 mins
3k - 15 - 27 mins
4k - 20 - 38 mins
5k - 25 - 50 mins
aim for the lower target

SHUTTLE RUNS

- between 2 lamp posts
- 1.30 sec intervals
- 2 mins total
- Repeat

Sprint one way then jog the other for 1 min 30 secs

REST for 30 sec

Go again

METAFIT

- choose one

FAM Workout

MATRIX lockdown

Metacub

Metacub Jungle