

Jenny Dugard's

# BODY BEYOND BABY

How to look and feel your best for you and your baby



## 10, 20 or 30 minute Cardio Circuit

It is important to ensure this program is suitable for you – if you have any pelvic floor weakness you should use the 'no impact' cardio circuit and ensure you gain advice about retraining your pelvic floor so you can join us here soon. If you feel any discomfort (apart from normal exercise pain!) dizziness or illness you must stop immediately.

You will need a stop watch as this circuit is based on time rather than reps.

Exercise	Time	Comments
Warm up	3 mins	
Jog on the spot Jogging with high knees Jogging kicking the bum	30 seconds each	Repeat x 2
Circuit		Perform one exercise after another resting for 30-60secs at the end of each circuit
Squats Step ups Burpees Alternating Lunges Mountain climbers	30 seconds 30 seconds 30 seconds 30 seconds 30 seconds	No weights or resistance bands Use a low step or bench – up up down down as fast as you can Keep feet on train tracks and push up through the heel of your front leg to activate your glutes Keep your weight over your hands and your bum down
		If you have just <b>10 minutes</b> repeat this circuit twice doing each exercise for 30 seconds each
		If you have <b>20 minutes</b> perform each exercise for 30 seconds the first time through then for 60 seconds the second – repeat this twice.
		For a <b>30 minute</b> cardio circuit complete each exercise for 30 seconds x 2 then perform 2 mins of shuttle runs or runs up and down the stairs. Repeat circuit again performing each exercise for 1 min each x 2 Perform 2 mins of shuttle runs or runs up and down the stairs Repeat circuit once more performing each exercise for 30 seconds
Stretch/Cool down		Hamstring – knee to chest Quad – foot to bum Calf stretch – drop heel down off the back of a step/bench Shoulders – bring one arm across the body

