



hunt fitness

HUNT FITNESS GARDEN WORKOUTS

WORKOUT 1

Warm Up and Dynamic Stretches

Circuit

40 secs work, 20 secs rest/transition to next exercise
2 rounds

Squats
Walking Lunges
Romanian Deadlift/ DB Deadlift
Push Ups
RB/DB Shoulder Press
RB/DB Bicep Curls
Tricep Dips on bench or chair / Skull Crushers using DBs
Run lap of garden

Cardio Blaster

1 round then 1 minute rest, then hit it again aim to beat your time!!

10 long jumps
10 push ups
15 sumo squats
15 burpees
20 bicycle crunches
20 mountain climbers

WORKOUT 2

Warm Up and Dynamic Stretches

10 min run in garden – circuits or lengths of garden

DB High Pull x10
Goblet Squat x10
DB Swing x20

X3

Shoulder Press x10
Renegade Row x10
Single Arm Row x8 each arm



X3

Press Up x10
Plank Shoulder Taps x10
Bicycle Crunches x20

X3

WORKOUT 3

Warm Up and Dynamic Stretches

Cardio Blitz

Carry out mountain climbers for 1 minute
When 1 minute is up
Run to a point 20m away or across your garden.
Perform 10 burpees or 10 get ups.
Run back to starting point and go straight into 1 minute of mountain climbers again.
As soon as 1 minute is up
Run to point and complete 9 reps of burpees or get ups.
Repeat all the way down to 1 rep.

Finisher

Play your favourite song and start squatting.
Once the chorus comes on, hold the bottom of the squat until the chorus has finished.
When the verse starts again,
Continue with your squats

WORKOUT 4

Warm Up and Dynamic Stretches

5 mins of skipping (HARD!)

3 x 30 secs plank hold

4 Rounds as fast as you can

5 burpees
10 heavy item Ground to Overhead
15 press ups
20 goblet squats