

# Beginner Workout #1

Athenaeum  
LEARNING PATHWAY



## Warm-Up

🕒 5 mins

- High knees, butt kicks, star jumps, wall push-ups, arm swings
- 2 x 20sec each, with 10 secs rest between each set

## Workout

🕒 25 mins

- AMRAP (As many rounds as possible) in 25mins
- Rest only if you need to

## Cool Down

🕒 10 mins

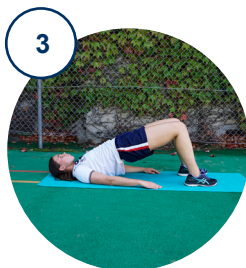
- Cool down stretch



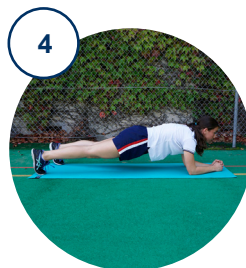
**Squats**  
15 reps



**Static Lunge**  
10 each side



**Glute Bridge**  
60 secs hold



**Plank**  
60 secs hold



**Burpees:** Move into a squat position, drop to the ground, kick your feet back into a plank position, return your feet into squat position, frog jump and do 15 reps



**Hip Thrust:** lower and raise your hips for 20 reps



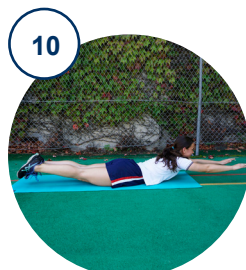
**Russian Twists**  
10 each side



**Reverse Crunch**  
15 reps



**Push Ups**  
15 reps



**Superman Hold**  
30 second hold