

# BONUS INDOOR MOVE WORKOUTS

Fitness is about moving  
to the  
**rhythm of your own body**, not  
someone else's.

Find what makes you want to  
MOVE with desire, excitement,  
and passion!

# Your Indoor MOVE Guide



## Hi Fam!

Welcome to your special release Indoor MOVE Guide!

I have created this guide to complement everything in your full *Fresh Body, Fit Mind* program. I know sometimes outdoor workouts are just not possible...pouring rain, extreme heat, no space outside, looking after the kids, these are all things that can get in the way. But, in true FBFM form we are about making OPPORTUNITIES, not excuses, right?! So this is where this guide is going to help you!

Each MOVE session is ideally about getting outside and enjoying your environment, so I definitely want you to try and get outdoors as much as you can. The running/walking aspect of the MOVE Session is a very important part of your training and results! These sessions help with recovery, balancing muscle tone, and keep your body athletic, not bulky!

When you can't make it outdoors, you now have the option to do one of the workouts in this guide! Each Indoor MOVE Workout is written in a similar style to your AM and PM HIIT circuits however, you will notice that instead of lots of strength, the exercises are based around building your fitness and cardio endurance. You can mix and match the workouts however you like and choose any session of the six available workouts (don't feel like you need to do them in order! Oh and they are also perfect as part of your MY Session!

Keep it up fam! Remember every opportunity to MOVE your body is a blessing!

ab x

ps. YOU my family, have been so amazing with sharing your FBFM journey all over the world! Seeing your comments, messages, pictures, and word of inspiration has been INCREDIBLE. I know many of you have connected with each other, finding 'workout buddies' in different corners of the globe and doing the guide together :D THAT is why I love you! We are in this **together**, sharing every step, every rep, every deep breath along the way! x

Share your FBFM journey! [#freshbodyfitmind](#) (:

## The FBFM family on Instagram!



0:00 – 4:00

WARM UP

30sec  
SKIPPING /  
HIGH KNEES30sec  
ELBOW  
PLANK30sec  
BUTT  
KICKS30sec  
SIDE ELBOW  
PLANK (L)30sec  
CROSS  
OVERS30sec  
SIDE ELBOW  
PLANK (R)1min  
BURPEES

4:00 – 5:00

REST

5:00 – 15:00

ON THE MINUTE

**ON THE MINUTE**

Complete the below 5 exercise **TWICE through**. At the beginning of each minute, complete 10 SQUATS, then finish the minute with your exercise.

EG. At 5:00, do 10 squats, then finish the minute with skipping/high knees.  
At 6:00, do 10 squats, then finish the minute with butt kicks.  
At 7:00, do 10 squats, then finish the minute with skiers....etc etc.  
\*You should be moving for the entire 10minutes!

1min  
SKIPPING /  
HIGH KNEES1min  
BUTT  
KICKS1min  
SKIERS1min  
SHUFFLES1min  
MOUNTAIN  
CLIMBERS

15:00 – 16:00

REST

16:00 – 20:00

CORE

1min  
SIT UPS1min  
HEEL  
TOUCHES1min  
SIDE ELBOW PLANK  
HIP LIFTS (L)1min  
SIDE ELBOW PLANK  
HIP LIFTS (R)

COOL DOWN

STRETCH

0:00 – 4:00

WARM UP

**30sec**  
HIGH KNEES /  
SKIPPING



**30sec**  
ALTERNATE  
LONG LUNGE



**30sec**  
SHUFFLES



**30sec**  
PLANK TO  
DOWN DOG



4:00 – 5:00

REST

5:00 – 20:00

MINUTE MADNESS

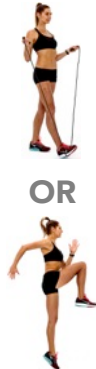
**MINUTE MADNESS**

Complete the below 7 exercise **TWICE through**, doing each exercise for 1 minute each.  
After you complete BICYCLE, rest for 1min, then repeat the circuit.

**1min**  
BURPEES



**1min**  
HIGH KNEES /  
SKIPPING



**1min**  
SQUATS



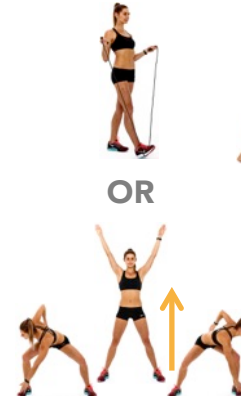
**1min**  
BUTT KICKS /  
SKIPPING



**1min**  
FROGGER



**1min**  
STANDING 'X'  
TOE TOUCH JUMP  
/ SKIPPING



**1min**  
BICYCLE

R  
E  
S  
T

1min

COOL DOWN

STRETCH

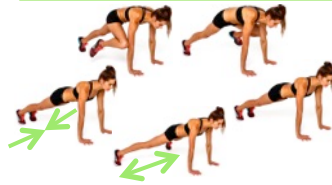


0:00 – 4:00 WARM UP

50  
HIGH KNEES



10  
PLANK KNEE TO  
ELBOW + JUMP



50  
BUTT  
KICKS



10  
ELBOW PLANK  
HIP DROPS



4:00 – 5:00 REST

**7 TIMES**

Complete Circuit 1 **SEVEN times** (each circuit takes 1min so you will be working from 5:00 – 12:00)  
Take 1min REST (12:00 – 13:00).

Complete Circuit 2 **SEVEN times** (so you will be working from 13:00 – 20:00)

5:00 – 12:00 CIRCUIT 1

CIRCUIT 1

20sec  
REVERSE  
BURPEE



20sec  
SQUAT  
JUMP



20sec  
REST

12:00 – 13:00 REST

13:00 – 20:00 CIRCUIT 2

CIRCUIT 2

20sec  
MOUNTAIN  
CLIMBERS



20sec  
LUNGE  
SWITCH JUMPS



20sec  
REST

COOL DOWN STRETCH

0:00 – 4:00

WARM UP

20  
HIGH KNEES20  
ELBOW PLANK  
ALTERNATE LEG LIFTS20  
STANDING 'X' TOE  
TOUCH JUMP

4:00 – 5:00

REST

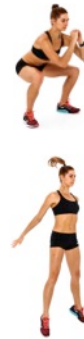
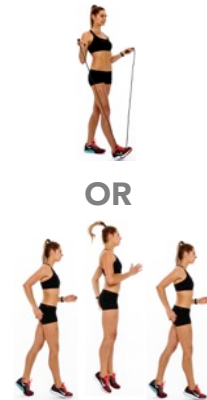
5:00 – 15:00

10 : 100

10 : 100

Complete this circuit **as many times as you can** in 10 minutes (you will be working from 5:00 – 15:00).10  
BURPEES100  
SKIPPING /  
BUTT KICKS

OR

10  
SQUAT  
JUMPS100  
SKIPPING /  
SHUFFLES

OR

15:00 – 16:00

REST

16:00 – 20:00

CORE

20  
CROSS  
CLIMBERS14  
SIDE ELBOW  
PLANK HIP LIFTS (L)14  
SIDE ELBOW  
PLANK HIP LIFTS (R)

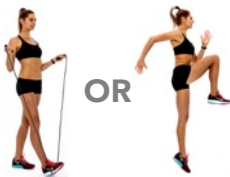
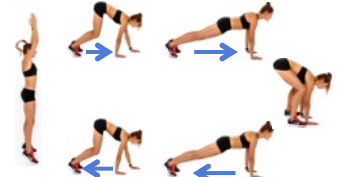
COOL DOWN

STRETCH



0:00 – 4:00

WARM UP

30sec  
SKIPPING /  
HIGH KNEES30sec  
WIDE LEG  
GROIN LUNGE30sec  
BURPEES30sec  
REVERSE  
BURPEE

4:00 – 5:00

REST

**2 BY 5**

Complete as many rounds as you can of Circuit 1 in 5min (you will be working from 5:00 – 10:00).

Rest for 1min (10:00 – 11:00).

Complete as many rounds as you can of Circuit 2 in 5min (11:00 – 16:00).

5:00 – 10:00

CIRCUIT 1

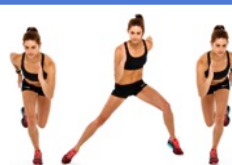
10  
PLANK KNEE TO  
ELBOW20  
SQUATS30  
MOUNTAIN  
CLIMBERS40  
HIGH  
KNEES

10:00 – 11:00

REST

11:00 – 16:00

CIRCUIT 2

10  
FROGGERS20  
CROSSOVERS30  
SKIERS40  
BUTT  
KICKS

16:00 – 17:00

REST

17:00 – 20:00

CORE

1min  
DISH  
TUCK1min  
PLANK  
JUMP OUTS1min  
LYING  
SIT UPS

COOL DOWN

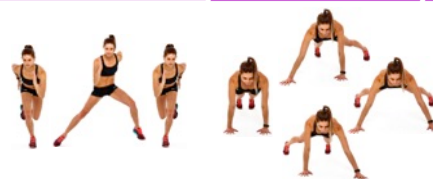
STRETCH

0:00 – 20:00

10 ROUNDS

**10 ROUNDS**

Follow the rounds numbered 1-10. Complete all 10 rounds in 20 min.

**1min**  
SKIPPING /  
SHUFFLES**30sec**  
ELBOW  
PLANK**30sec**  
REST**1min**  
SKIPPING /  
CROSSOVERS**30sec**  
CROSS  
CLIMBERS**30sec**  
REST**1min**  
SKIPPING /  
HIGH KNEES**30sec**  
PLANK KNEE  
TO ELBOW**30sec**  
REST**1min**  
SQUATS**30sec**  
SIDE ELBOW  
PLANK LEG LIFT (L)**30sec**  
REST**1min**  
SKIPPING /  
BUTT KICKS**30sec**  
PLANK  
JUMP OUTS**30sec**  
REST**1min**  
REVERSE  
BURPEES**30sec**  
SIDE ELBOW  
PLANK LEG LIFT (R)**30sec**  
REST**1min**  
STANDING 'X' TOE  
TOUCH JUMPS**30sec**  
TABLE TOP  
TOE TOUCH**30sec**  
REST**1min**  
SKIERS**30sec**  
PLANK STAR  
STEP OUT**30sec**  
REST**1min**  
BURPEES**30sec**  
ELBOW PLANK  
HIP DROPS**30sec**  
REST**1min**  
BUSTER  
BURPEES**1min**  
ELBOW  
PLANK

COOL DOWN

STRETCH