



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

Butt Kickers

Cardio



- Stand upright with your hands by your sides.
- 1 - Jog in place and rapidly kick your legs high back up behind as if you were trying to kick yourself in the buttocks.
- 2 - Rapidly alternate legs in a jogging motion.

Squat Knee Lift



- Start in squat position
- Squat down and then Push up through left leg and lift right knee in front. Hold a moment and lower back to start position.
- Switch sides.

Knees To Elbow Run



Stand with your feet shoulder width apart. Bend your arms and place your hands behind your head. Move each knee to the opposite elbow, while alternating sides. Squeeze your abs.

Alternating Reverse Lunges



- Take a controlled lunge (or large step) backward with your left foot. Lower your hips so that your right thigh (front leg) becomes parallel to the floor and your right knee is positioned directly over your ankle. Keep your left knee bent at a 90-degree angle and pointing toward the floor.
- Your left heel should be lifted.
- Step the left foot in, and lunge back with the right foot. Repeat

Side to Side Mini Hops

Cardio



- Stand in a semi-squat position with your hips and knees slightly bent feet close together and your hands up in front at chest level with your elbows bent.
- 1 - Hop your feet about 12 inches to one side, keeping your upper body stable.
- 2 - Rapidly hop back to the other side.
- Continue hopping rapidly from side to side, keeping your upper body stable.

Side Lunge

Hotel



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
- Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

Plank Step Forward



- Start in the plank position.
- Bring the left foot up and around to the outside of the left hand
- Bring the foot back and repeat with the other foot
- Keep the butt inline with the shoulders (Option on knees)



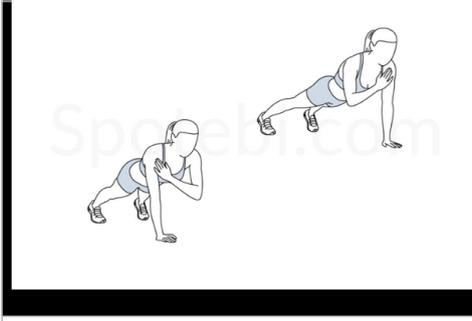
Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.
 - Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.

Plank With Shoulder Tap



Start in plank position and make sure your hands up directly under your shoulders and your feet are in line with your hips. Keeping your hips as still as possible, lift one hand and tap it on the opposite shoulder. Then repeat on the other side. Keep repeating this while still keeping your body as still as possible and squeezing your core tight