

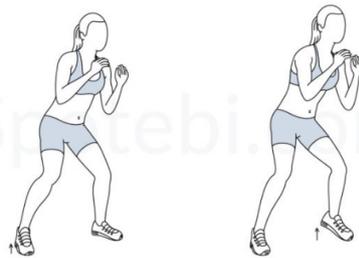


Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

Fast Feet



Start in an athletic position with your feet shoulder-width apart and your hips low.
Push through the balls of your feet and run in place quickly.
Repeat until the set is complete.

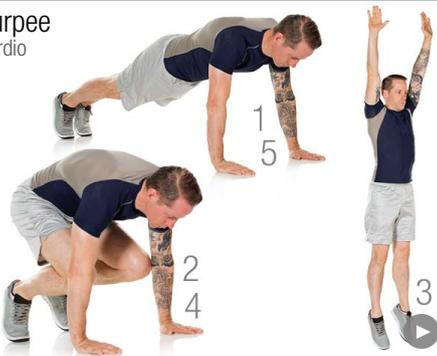
Squat To Calf Raise



Stand with your feet shoulder width apart. Move your body into a squatting position while keeping your back as straight as possible.
Stand back up into the starting position and stand on your toes, squeezing the butt while you do it.
Then drop the heels as you repeat the squat

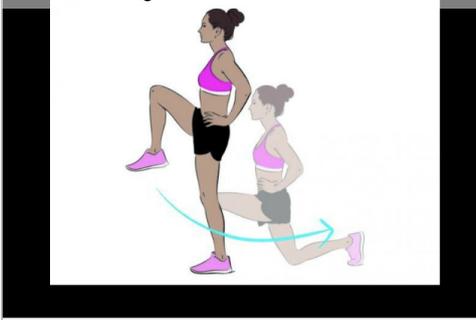
Burpee

Cardio



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

Reverse Lunge To Knee Lift



Take a step back with your left foot, bending both knees 90° so your back knee hovers off the floor. Extend both knees and transfer your weight onto your right foot.
At the same time, lift up your left foot, bringing your knee to your chest. Release your left leg from your chest and place it back on the floor.
Repeat on the same leg for whole set

Ski Hops

Legs



- 1 - Start in a semi-squat position with your feet together.
 - 2 - Jump laterally to one side about 1 to 2 feet.
 - 3 - Land in a semi-squat with your feet together.
- Jump back to the start position and continue hopping back and forth.

Reverse Lunge To Knee Lift



Take a step back with your left foot, bending both knees 90° so your back knee hovers off the floor. Extend both knees and transfer your weight onto your right foot.
At the same time, lift up your left foot, bringing your knee to your chest. Release your left leg from your chest and place it back on the floor.
Repeat on the same leg for whole set

Hand Walk

Shoulders



- 1 - Stand upright with your arms by your sides.
- 2 - Bend forward at the waist and place your hands on the floor in front.
- 3 - Walk your hands out until your body is straight in the top position of a push up.
- 4,5 - Walk your hands back in and return to the upright position.

Mountain Climber Cross

Cardio



- Support your body on your toes and hands in the top of a push up position.
- 1 - Quickly bring one knee in towards your chest and across your body to the opposite elbow, keeping the rest of your body in the push up position.
 - 2 - Straighten this leg back out and repeat with the other leg to the other side.
- Continue alternating legs each rep.



Tricep Push Up (knees)



On your knees, place hands directly under shoulders (shoulder width apart, wrists directly under shoulders). Engage your core, pulling your belly button in towards your spine. Keep your hips off the floor.

Pull your arms in close to your sides so your elbows are pointed back, driving your hands into the ground to keep your shoulder stable. Slowly lower yourself toward the ground, keeping your elbows pointed back, tucked in and the core engaged. Lower until your arm, shoulder, and elbow make a 90-degree angle. Push hard into the ground to lift your upper body back up

Plank With Toe Taps



Start in a basic plank position
Move one leg a little way out to the side. Tap, and return to the starting position. Alternate legs