

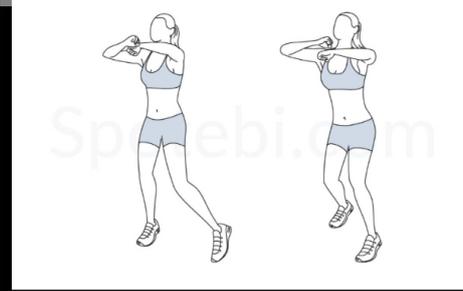


Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

Bounce With Speed Bag Arms



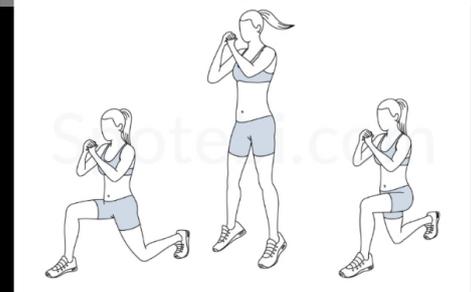
Stand with your feet shoulder-width apart, your knees slightly bent, raise your elbows to shoulder level and keep your hands at eye level. Shift your weight side to side in a light bounce (on the balls of your feet) and rotate your right forearms around each other

Side Step squat



Start standing with feet hip distance apart and sit back into a squat position by bending the knees. Keep your abs tight and back straight. Step wide to one side staying in your squat position, go back to your starting position, and then side squat wide in the other direction using all your lower body muscles then back to center. Continue squatting side to side staying low throughout.

Jump / Plyometric lunges



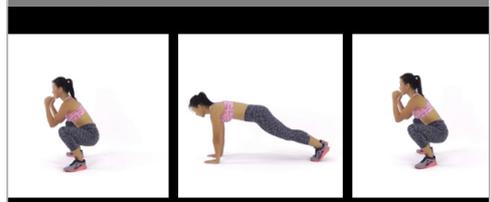
Take a large step backward and lower your hips, so that your back knee is just above the floor, and your front thigh is parallel to the floor. Jump into the air and switch leg positions. Land your front leg with the heel first. Back leg - heel off the floor. Jump again and return to the starting position. Repeat the exercise until set is complete.

Static Squat Hold



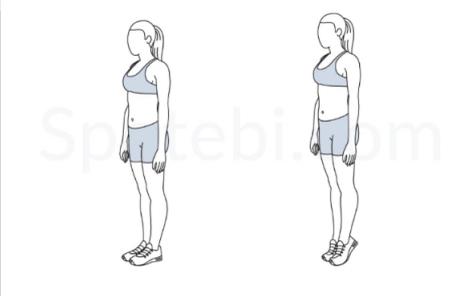
Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up. Slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Half Burpee



Begin in plank position on all fours, with your body in a straight line and your legs and arms shoulder-width apart. Stack your hands under your shoulders. Jump forward like a frog into a wide squat position. Your knees and feet should land just outside of your elbows. Lift your chest. Jump back into the plank position and repeat.

Calf Raise



Stand with your torso upright, your feet hip-width apart and your toes pointing forward. Raise your heels off the floor and squeeze your calves. Return to the starting position, by slowly lowering your heels, and repeat.

Mountain Climber

Cardio



1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

Forearm Plank

Pilates



- Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- Raise your body up onto your toes and forearms and hold briefly.
- Keep your back flat and head slightly raised, looking forward.



Plank with Leg Lift

Pilates



1 - Support your body off the floor, resting on your toes and forearms.

2 - Raise one leg straight up off the floor about 10-12 inches.

- Keep your body in a straight line with your back flat.
- Hold, then lower back to the floor and repeat, raising the other leg.

Alternating Bird Dog



Begin on all fours in the tabletop position.

Place your knees under your hips and your hands under your shoulders.

Maintain a neutral spine by engaging your abdominal muscles.

Draw your shoulder blades together.

Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor.

Lengthen the back of your neck and tuck your chin into your chest to gaze down at the floor.

Hold this position for a few seconds, then lower back down to the starting position.

Raise your left arm and right leg, holding this position for a few seconds.

Repeat