

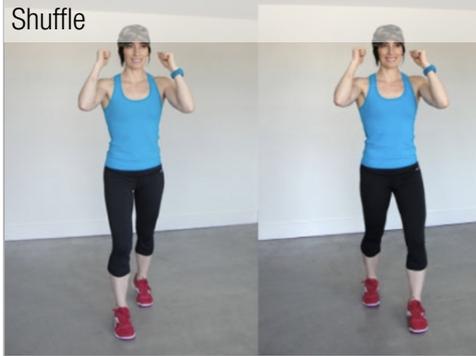


Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

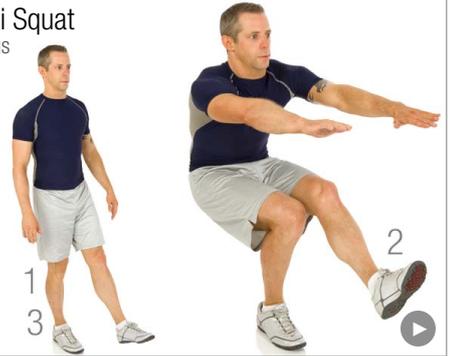
Shuffle



Keeping your weight through the whole foot scissor your legs front and back. Imagine you're cleaning the floor with the soles of your shoes
This is quick footwork, and it should be light and fast. Pump your arms to keep the speed of the feet up in tempo.

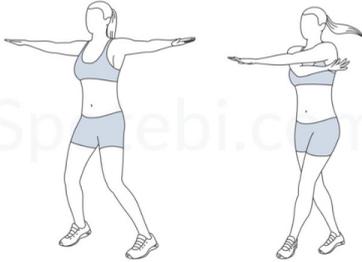
Uni Squat

Legs



- 1 - Stand upright with one foot slightly off the floor in front
 - 2 - Lower your body down into a squat position, keeping your back neutral/flat and your foot off the floor in front.
 - 3 - Push off your standing foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Cross Jacks

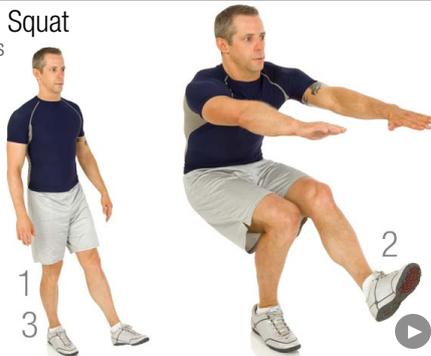


Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides. Jump up and cross your left leg in front of the right, and your left arm on top of the right. Jump again and return to the starting position. Repeat, and reverse the position of your arms and legs.

Arms are optional

Uni Squat

Legs



- 1 - Stand upright with one foot slightly off the floor in front
 - 2 - Lower your body down into a squat position, keeping your back neutral/flat and your foot off the floor in front.
 - 3 - Push off your standing foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Squat Jump

Legs



- Stand upright with your arms straight by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
 - 2 - Push off your feet jump straight up.
 - 3 - Land in semi-squat to absorb and repeat the jump.

Lunge Twist

Combo



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee towards the floor and raise your arms up in front to shoulder height.
 - 3 - Twist your head, shoulders and torso to one side.
- Twist back to the center and push off your front foot to return to the start position.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Frog Leg Squat Thrusts

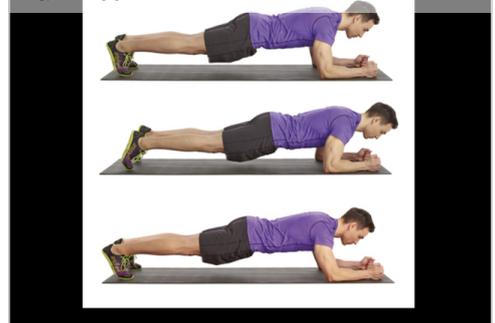


Start with your feet at about double shoulder width apart, staying on your toes throughout the exercise.

Bring your knees up towards your chest, before thrusting them out again.

Keep feet wide throughout

Plank Rock



Start in a forearm plank with your elbows stacked under your shoulders and your forearms resting on the ground. Rock your entire body forward, coming more onto your toes, and allowing your shoulders to go past your elbows. Rock back to your starting position.

Make sure you keep your core engaged throughout the entire move. Don't allow your hips to raise or drop, and keep pushing your forearms against the floor so that you're not sinking into your shoulders.



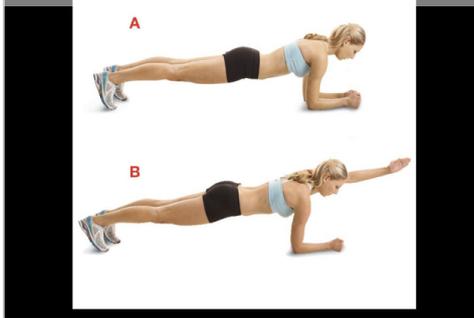
Push Up

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 Arm Reach



- Begin in an elbow plank with your feet slightly wider than your hips to create more stability. Reach your right arm straight out, with the thumb pointed toward the ceiling. Return back to elbow plank, and reach your left arm out.
- Can be done on your hands if you prefer