

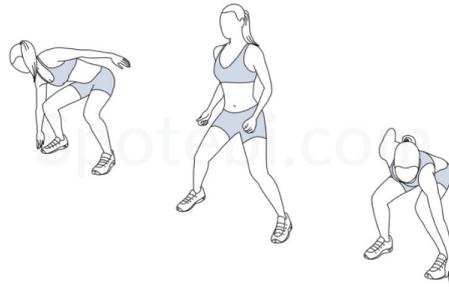


Do each exercise for 45 secs  
15 secs rest

Repeat whole circuit as many times  
as you can

Equipment: Bodyweight

## Side Shuffle / Bounce



Stand with your feet a little wider than hip-width apart, bend your hips and knees back and point your toes forward. Take a few quick steps to the left and then touch your left foot with your left hand. Repeat on the right side.

(The touchdown is optional)

## Around The World Lunges



Plant both feet on the floor shoulder-width apart. This is your starting position. Carefully take a big step forwards with your left foot. As you plant your left foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs.

Step your left foot backward to return to the starting position. Keeping your right foot on the floor, release your left foot and take a big step to your left. As you plant your foot on the floor, bend your left knee, ensuring that your right leg remains straight.

Step your left foot inwards to return to the starting position. Carefully take a big step backwards with your left foot. As you plant your left foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs.

## Bunny Hop Forward And Back



With your feet hip-width apart, point your toes and knees slightly out to the sides keep your knees soft like shock absorbers, pull your abs in, and elevate your chest. Jump forward (imagine jumping over an imaginary line) twice and then back again twice.

Two jumps forward, two jumps back  
Land softly!

## Around The World Lunges

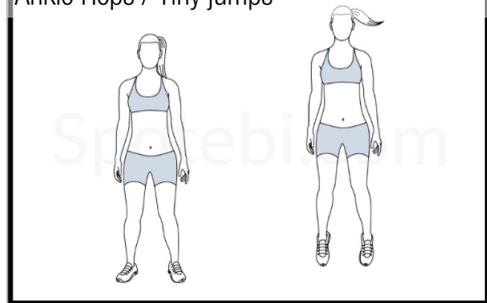


Plant both feet on the floor shoulder-width apart. This is your starting position. Carefully take a big step forwards with your left foot. As you plant your left foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs.

Step your left foot backward to return to the starting position. Keeping your right foot on the floor, release your left foot and take a big step to your left. As you plant your foot on the floor, bend your left knee, ensuring that your right leg remains straight.

Step your left foot inwards to return to the starting position. Carefully take a big step backwards with your left foot. As you plant your left foot on the floor, bend both knees to approximately 90 degrees, ensuring that your weight is evenly distributed between both legs.

## Ankle Hops / Tiny jumps



Stand straight with your hands by your sides and with your feet hip-width apart. Bounce off the floor in a quick, repetitive move. Repeat the movement until the set is complete.

## Pulse Squat

Legs



1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.

2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.

3,4 - Raise your hips, coming up about 6-8 inches, then lower back to the bottom position in a pulsing motion.

5 - Push through your heels to return to the top position, keeping your back flat and looking straight ahead throughout the movement.

## Hand Walk

Shoulders



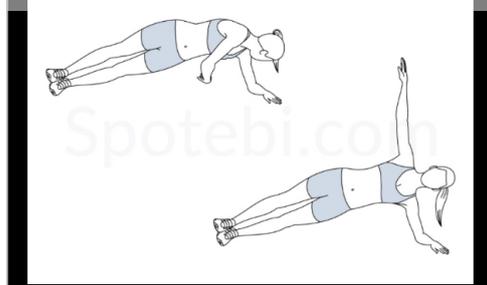
1 - Stand upright with your arms by your sides.

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.

## Side Plank With Rotation



Start in a side plank position, with your right shoulder over your elbow, your body in a straight line and reach your left hand toward the ceiling.

Twist your torso forward and slowly place your left arm under your body.

Repeat on same side

Option - rest knee on the floor



## Squat Thrusts

Cardio

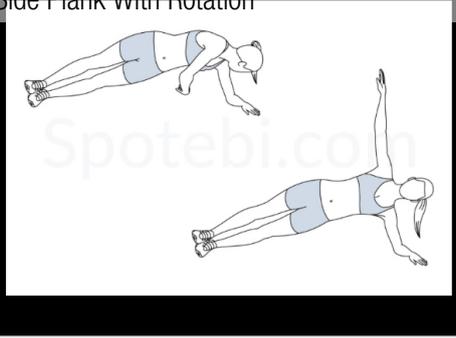


1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.

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.

## Side Plank With Rotation



Start in a side plank position, with your right shoulder over your elbow, your body in a straight line and reach your left hand toward the ceiling.

Twist your torso forward and slowly place your left arm under your body.

Repeat on same side

Option - rest knee on the floor