



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

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.

Single Leg Dead Lift And Hop



Stand on your right leg with your knee slightly bent.

Start bending at the hips, extend your left leg behind you, and touch the floor with your left arm.

Jump quickly and drive your left knee up. Land on your right foot, repeat

Squat Jumps Forward And Back



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

Single Leg Dead Lift And Hop



Stand on your right leg with your knee slightly bent.

Start bending at the hips, extend your left leg behind you, and touch the floor with your left arm.

Jump quickly and drive your left knee up. Land on your right foot, repeat

Squat jacks



Stand straight with your feet together and hands by your sides.

Jump up, spread your feet and bend your knees pressing your hips back.

Push through the heels to jump back up and return to the starting position.

Repeat

Walk Lunge

Legs



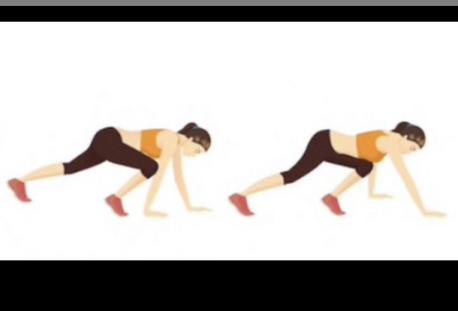
1 - Stand upright with your arms by your sides.

2 - Take a step forward, dropping your back knee down and leaning your torso slightly forward with your weight on your front leg.

3 - Push off front your foot and take a step forward, dropping down into a lunge on the other side.

- Continue walking forward.

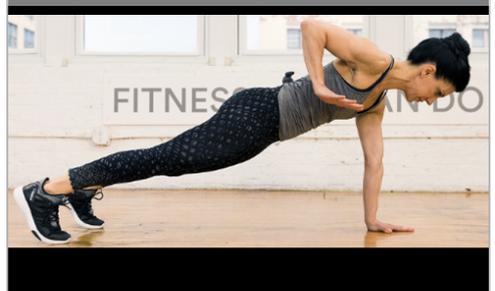
Bear Crawl



Crouch down with hands in front of you shoulder-width apart and feet behind you with hips roughly level with the rest of the back and eyes forward.

Come on to your toes and keep the knees bent. Crawl forward starting with your right hand and your left foot following with the left hand and the right foot. Take four steps or more depending on space, then turn around and bear walk back or reverse depending on space

Renegade row (no weight)



Start in a push-up position with the hands placed directly under the shoulders.

Start with feet about shoulder-width apart.

With your left hand, push hard into the ground while pulling the hand to your rib cage/lower chest area with the right hand.

Lower the weight in a slow, controlled fashion before repeating on the other side.



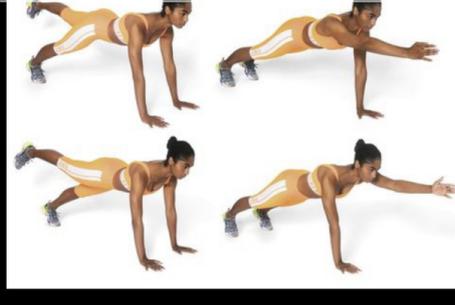
Tricep Push Up (knees)



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 Around The World



Start in a plank position, raise your left arm while in a plank position, switch to your right arm, then put your right arm down back into a plank position, raise your right leg staying in a plank position then lower your right leg then lift your left leg and repeat