



Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

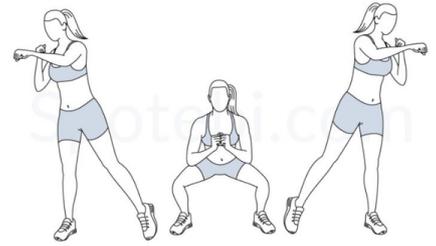
Butt Kickers

Cardio



- Stand upright with your hands by your sides.
- 1 - Jog in place and rapidly kick your legs high back up behind as if you were trying to kick yourself in the buttocks.
 - 2 - Rapidly alternate legs in a jogging motion.

Squat Punch



Start in a squat position, with your feet shoulder width apart and your toes pointing forward. As you stand up, shift your weight to one leg and punch with the opposite arm. Squat and repeat the movement on the opposite side.

Lunge Hop



Come into a lunge with your right leg back. Swing your right leg forward to hop up on your left foot, and land softly. Repeat on same leg

Squat Jump Forward Shuffle Back



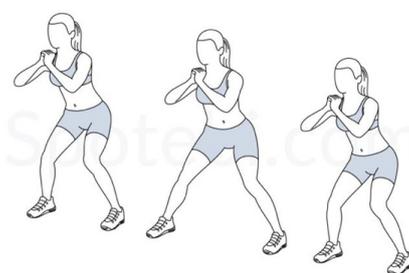
Start with your feet shoulder-width apart and your hips low. Extend your arms back to create momentum, and squat jump forward. Shuffle back to the initial position and repeat until the set is complete.

Lunge Hop



Come into a lunge with your right leg back. Swing your right leg forward to hop up on your left foot, and land softly. Repeat on same leg

Squat Walks - Lateral / Side



Stand with your feet hip-width apart and squat down into an athletic position. Take a step to the right with your right foot till your feet are shoulder-width apart. Take a step to the right with your left foot till your feet are hip-width apart. Keep taking small steps to the right and then repeat on the left side.

Plank With Shoulder Tap



Start in plank position and make sure your hands up directly under your shoulders and your feet are in line with your hips. Keeping your hips as still as possible, lift one hand and tap it on the opposite shoulder. Then repeat on the other side. Keep repeating this while still keeping your body as still as possible and squeezing your core tight

Alternating Side Planks



Start in a plank position with your feet shoulder-width apart. Simultaneously engage your core and shoulders to rotate your torso to the left, and extend your left arm upright. Pause, then return to the starting position. Switch to the right side. When rotating to the side, engage the shoulder of the supporting arm to lift the body up



Push Up Knee To Elbow Tap



Start in "up" part of push-up, hands directly under shoulders, body straight. Engage core; bend elbows to lower body toward floor. Press back up; bring left knee to outside of left elbow, then return to starting position. Do another push-up, bring right knee to right elbow, return to start; that's 1 rep. If you need a little modification to make it easier, just bring knees to the floor.

Plank Step Forward



Start in the plank position.
Bring the left foot up and around to the outside of the left hand
Bring the foot back and repeat with the other foot
Keep the butt inline with the shoulders
(Option on knees)