



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.

Single Knee Repeater

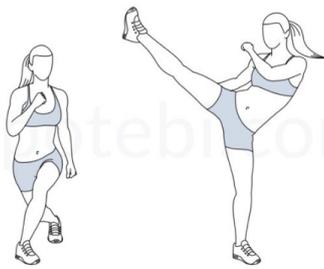


Stand tall with your feet shoulder-width apart and face front. Extend your left leg back and raise your arms above your head.

As you crunch, bring your left knee up and bend your arms. Repeat

Option : add a hop

Curtsy Lunge With A Side Leg Lift / Kick



Stand with your feet hip-width apart, take a big step back with your right leg, crossing it behind the left, and lunge.

As you stand up, kick your right leg out to the side and up.

Repeat for the duration of the set on that leg

Single Knee Repeater

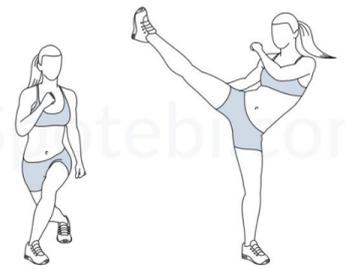


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Burpee

Cardio



1 - Start in the top of a push up position.

2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.

3 - Come to an upright position and jump into the air, raising your arms overhead.

4,5 - Return to the mid position and then jump your feet back out to a straight position.

Mountain Climber Cross

Cardio



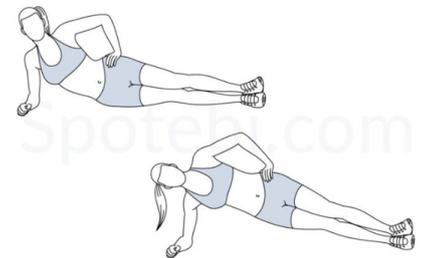
• Support your body on your toes and hands in the top of a push up position.

1 - Quickly bring one knee in towards your chest and across your body to the opposite elbow, keeping the rest of your body in the push up position.

2 - Straighten this leg back out and repeat with the other leg to the other side.

• Continue alternating legs each rep.

Side Plank Pulse / Hip Lifts



Start in a side plank position, with your shoulder over your elbow and your body in a straight line.

Bring your hip down, without letting it touch the floor, and then bring it back up to the side plank position in little pulses. Repeat



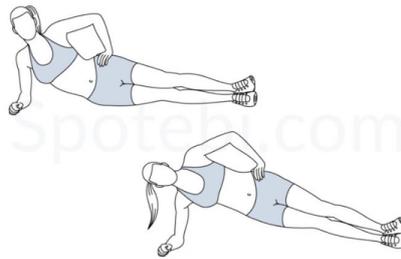
Plank Rock



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.

Side Plank Pulse / Hip Lifts



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Repeat