

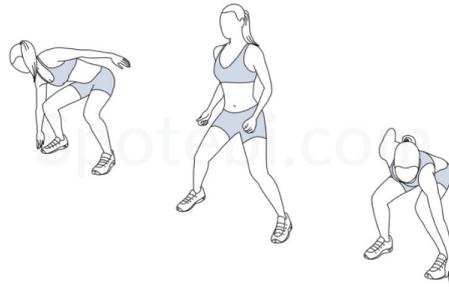


Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Sliders, 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)

Square Jump Squat



Imagine a box of 4 quadrants or 4 corners on the floor. Start in a squat position and then jump to each corner of the box in a clockwise pattern around to the start position. Repeat, switching directions halfway through.

Reverse Lunge

Lower Back



- 1 - Stand upright with one foot on a slider and your arms by your sides.
 - 2 - Slide your foot back, dropping your knee and keeping your weight on the front foot.
 - 3 - Drag your back foot forward, returning upright.
- Complete all reps on one side before switching to the other side.

Half Burpee



Begin in plank position on all fours, with your body in a straight line and your legs and arms shoulder-width apart. Stack your hands under your shoulders. Jump forward like a frog into a wide squat position. Your knees and feet should land just outside of your elbows. Lift your chest. Jump back into the plank position and repeat.

Wall Sit



Start in a squat position, with your thighs parallel to the floor and your back against a wall. Hold this position for the set

Jump / Plyometric lunges



Take a large step backward and lower your hips, so that your back knee is just above the floor, and your front thigh is parallel to the floor. Jump into the air and switch leg positions. Land your front leg with the heel first. Back leg - heel off the floor. Jump again and return to the starting position. Repeat the exercise until set is complete.

Bunny Hop Over



Start in a plank position. Take both feet over to one side and slightly closer to your hands and bend the knees. With the hands on the floor, jump with the feet held tightly and the knees bent. Almost as if you're trying to kick your butt. Imagine jumping the feet over a line on the floor. Land the feet towards the other side. 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.



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.

Plank Knee To Elbow



Start in the plank position on your hands (or forearms if you prefer)

Maintaining a tight core and flat back, bring your left knee to your right elbow.

Pause and slowly return each to the starting point. Repeat with the other side and keep alternating.