

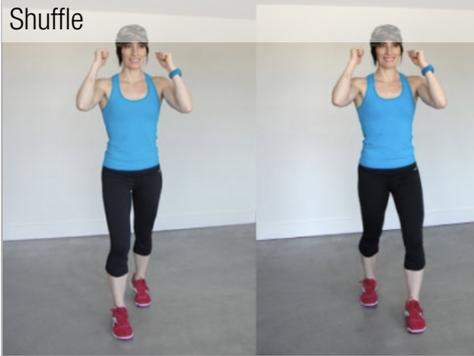


Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Equipment: Bodyweight

Shuffle



Keeping your weight through the whole foot scissor your legs front and back. Imagine you're cleaning the floor with the soles of your shoes. This is quick footwork, and it should be light and fast. Pump your arms to keep the speed of the feet up in tempo.

Ski Hops

Legs



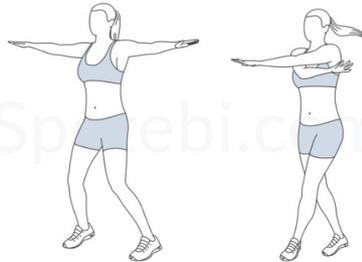
- 1 - Start in a semi-squat position with your feet together.
 - 2 - Jump laterally to one side about 1 to 2 feet.
 - 3 - Land in a semi-squat with your feet together.
- Jump back to the start position and continue hopping back and forth.

Lunge Kick



Start with your feet together, step back with your right leg and lunge. As you come up kick your right leg up. Return to the starting position and repeat with the same leg until the set is complete.

Cross Jacks



Stand straight with your feet shoulder-width apart and your arms up and extended out to the sides. Jump up and cross your left leg in front of the right, and your left arm on top of the right. Jump again and return to the starting position. Repeat, and reverse the position of your arms and legs.

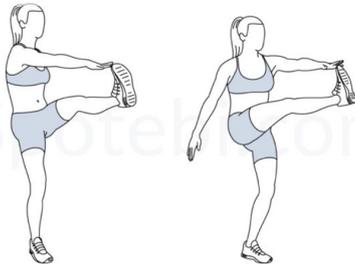
Arms are optional

Lunge Kick



Start with your feet together, step back with your right leg and lunge. As you come up kick your right leg up. Return to the starting position and repeat with the same leg until the set is complete.

High Alternating Kicks



Stand tall with your feet shoulder-width apart. Lift your left leg as high as you can, and touch your left foot with your right hand. Brace your core. Return to the initial position and repeat on the opposite side. Continue alternating sides, in a fast-paced move, until the set is complete.

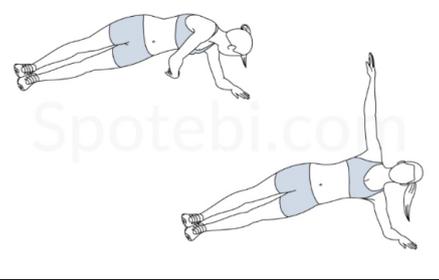
Hand Walk

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

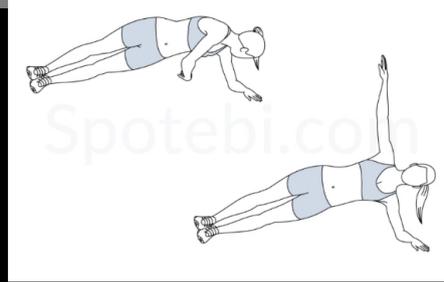


Plank With Toe Taps / March In And Out



Start in a basic plank position
Move one leg a little way out to the side. Tap, and return to the starting position. Alternate legs

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