



Do each exercise for 45 secs  
15 secs rest

Repeat whole circuit as many times  
as you can

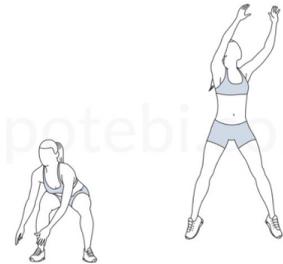
Equipment: Bodyweight

## Fast Feet



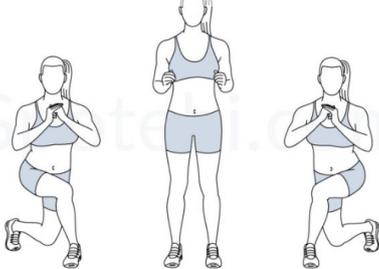
Start in an athletic position with your feet shoulder-width apart and your hips low. Push through the balls of your feet and run in place quickly. Repeat until the set is complete.

## Basketball Shot Jump Squats



Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees, press your hips back, and take both hands close to the floor as if you're picking up a ball. Jump up and extend your arms above your head and shoot! Land with your knees slightly bent and go back into the squat position. Repeat

## Alternating Curtsy Lunge



Stand tall with your feet hip-width apart. Keeping your weight in your right foot, take a big step back with your left leg, crossing it behind your right leg. Start lowering your body, by bending your knees, until your right thigh is parallel to the floor. Return to the starting position and repeat on the opposite side.

## 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.

## Side Step squat



Start standing with feet hip distance apart and sit back into a squat position by bending the knees. Keep your abs tight and back straight. Step wide to one side staying in your squat position, go back to your starting position, and then side squat wide in the other direction using all your lower body muscles then back to center. Continue squatting side to side staying low throughout.

## Scissor Skis



Stand tall with your feet together, arms by your sides and your palms facing your hips. Jump up, bring your right leg forward, your left leg back, and reach your left arm up and your right arm back. Jump again and switch your legs and arms. Continue switching until set is complete.

## Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight

1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.  
2 - Straighten this leg and repeat on the other side.

- Keep your back flat and your hips in line with your shoulders throughout.

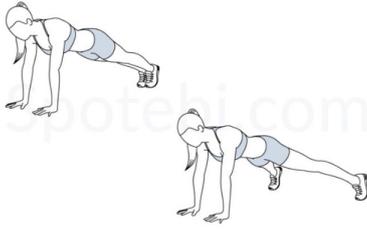
## Push Up With Shoulder Tap



Start in a kneeling plank position with hands on ground below shoulders and back extended long to the knees. Lower chest to floor keeping abs tight. As you push back up to kneeling plank tap right hand on left shoulder then set it down. Repeat the push up but as you rise tap left hand on right shoulder. Keep abs tight throughout and avoid the torso "tipping" to the side as you tap.



## Plank Jacks



Start in a push up position with your feet together. Hop your feet as far as you can and land softly on your toes. Jump again to bring your feet back together and repeat.  
Option - tap one foot at a time and/or put knees down

## 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.