

Bootcamp with Toys: Mommy Workout

Warm Up

For the warm up: Complete each exercise for 30 seconds with no rest in between. This is a 4 minute warm up. Rest and stretch for 1 minute before moving to circuits.

Jumping Jacks
Butt Kicks
Right Knee Ups
Left Knee Ups
Jump Rope
Skaters
Pushups
High Knees

For the circuits: Perform each exercise for 45 seconds with 10 second rest in between. Rest 30 seconds between each rotation. Repeat circuit 2 X's through. Rest for 1 minute before moving on to the core exercises.

Hula Hoop	Chair
Hop Overs In and Out Hula Pushups In and Out Jump Squats C-Hold Leg Tucks	Seated Leg Tucks Up and Over Chair Splits Pendulum Over Chair Tricep Dips
Truck/Longboard	Yoga Ball
In and Out Rolling Planks Hop Over Burpees Rolling Plank to Pike Roll Outs	Mountain Climbers Oblique Ball Crunches Up Down Plank on Ball Plank with Knee Taps

CORE SOCK WORKOUT

For the core: perform each exercise for 40 seconds with a 10 second rest in between. Repeat 2 X's. Rest, cool down and stretch.

Plank to Pike
Seated Leg Spreads
One leg Plank Jacks
Sliding Mountain Climbers
Oblique Crunch
Seated In and Outs