

WARM UP

Complete each exercise for 30 seconds with no rest in between. Rest 40 seconds after completing entire warm up X 2, then move to stations.

Jog
Skaters
Side Lunge Shuffle
Walking Plank
Buttkicks
Squat with Side Leg Lifts
Plank Jacks
Elbow to Knee Sumo Squat Hold

STATIONS

Perform all 4 exercises for 40 seconds each with a 10 second rest in between. Rest 30 seconds between each station. Repeat entire circuit X 2 before moving on to the Tabatas. Rest 40 seconds.

Cardio	Upper Body
Side to Side Squat Taps In and Out Planks Straight Jacks Lunge Jacks	Static Lunge with Curl (Right) Tricep Dips Static Lunge with Curl (Left) Around the World Shoulders
Lower Body	Core
Alternating Fire Hydrants Lunge Swings (Right) Weighted Plie Calf Raises Lunge Swings (Left)	Plank with Knee Tuck In and Out Crunches Lying Toe Touches Reverse Crunches

TABATAS

Do specified exercise "A" for first 20 seconds, then rest for 10. Then do specified exercise "B" for next 20 seconds, then rest for 10. Repeat this X 8.

A/B TABATA #1: A: Skull Crusher Pushups/B: Reverse Plank Dips
A/B TABATA #2: A: Kneel to Stand/B: Wall Sits

COOLDOWN AND STRETCH: 4 MIN. **TOTAL WORKOUT TIME:** 50 MIN.