

(Rest 40 seconds between each station)

WARM UP: REPEAT X 2: no rest between each exercise

Jog 1 min
Jumping Jacks 30 sec
Air Squats 30 sec
Opposite Butt Kicks 30 sec
Inchworm Pushups 30 sec
2 pulse squats with curtsey lunge 30 sec
Plank to a T 30 Sec

STATIONS ROUND 1 (AMRAP FOR 1 MIN) rest 15 sec. between each exercise

Wall Ball with Squat
Jump Rope
Lunge with Lateral Lifts (using dumbbell)
Yoga Ball Bridge
Squat with Triceps Extension
Resistance Band Rows

TABATA ROUND 1: 20 sec work, 10 sec rest repeat X 8

Side Plank (Right and Left)

STATIONS ROUND 2 (AMRAP FOR 1 MIN) rest 15 sec. between each exercise

Wall Ball with Squat
Jump Rope
Lunge with Lateral Lifts (using dumbbell)
Yoga Ball Bridge
Squat with Triceps Extension
Resistance Band Rows

TABATA ROUND 2: 20 sec work, 10 sec. rest repeat X 8

Plié Calf Raises

STATIONS ROUND 3 (AMRAP FOR 1 MIN) rest 15 sec. between each exercise

Wall Ball with Squat
Jump Rope
Lunge with Lateral Lifts (using dumbbell)
Yoga Ball Bridge
Squat with Triceps Extension
Resistance Band Rows

TOTAL TIME: 45 MINUTES