





**STRENGTH // BODY WEIGHT ALL + CORE // FEEL THE BURN // 35 to 40 minutes**

**WORKOUT SETS - CLICK MOVEMENT TITLE FOR EXAMPLE VIDEO LINK**

<u>WARM UP</u>	<u>REPS</u>
Easy Warm Up Jog or Jump Rope or Jumping Jacks, etc	5 min
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1 per side

**MAIN SET**

<u>MAIN SET</u>	<u>REPS</u>
<b>SET 1</b>	
<b><u>Diagonal Lunges</u></b> - Begin standing with feet together. Step forward with the right foot at a 45-degree angle and drop the back knee down to the floor. Use the right foot to push off the floor and return to the starting position. Alternate legs. This variation targets the glutes, hamstrings and quads, while also engaging the muscles of the inner and outer thighs. Rest 30 sec	50 total (25 each side) 
<b><u>Plank Knee to Elbow</u></b> - Start in a plank position with hands shoulder-width apart on the floor. Engage your ab muscles and keep your spine straight. Lift your right foot towards your right elbow. Return the right foot back to full plank position. Repeat with the left side, moving your left foot towards your left elbow. Rest 30 sec	50 total (25 each side) 
<b><u>Lateral Lunges</u></b> - Begin standing with feet together. With the right foot, step to the right and shift your body weight toward your right foot. Bend the right knee and perform a squat motion while keeping your left leg straight. Once you reach a 90-degree angle with the right knee, push off your right foot and bring your feet back together. Again, be sure to keep the torso tight and the feet together. Alternate legs. This variation targets the major muscle groups of the legs, including the inner and outer thighs. Rest 30 sec	50 total (25 each side) 
<b><u>Crab Walk</u></b> - Begin by sitting on the floor with your feet hip-distance apart in front of you and your arms behind your back with fingers facing hips. Lift hips off the floor and tighten your abs. Start "walking" forward by moving your left hand followed by your right foot; and then your right hand followed by your left foot. Walk four or more steps as space allows, then walk back. Continue back and forth for desired amount of time. Rest 30 sec	60 feet down and back 5 times 

As you get more comfortable and efficient, Set 2 do 30 per exercise, then 20, then 10.



[https://youtu.be/\\_qJcEyndDKQ](https://youtu.be/_qJcEyndDKQ) <-- Video Description of Workout

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**COOL DOWN**

Easy Cool Down Jog / walk / jump rope / jumping jacks	2 min
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1 per side

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