



STRENGTH: CIRCUIT (squats/push ups/hops/plank/jacks) : 30 MIN

WARM UP

10 minute warm up at HR 120 or less

DYNAMIC STRETCH // ARM CIRCLES // BUTT-KICKS // PIKE STRETCH - Get in a "pike" position (hips in the air). Put your right foot behind your left ankle. With your legs straight, press the heel of the left foot down. Release. Repeat 10 times on each side // WALKING LUNGES // KNEE TO CHEST // STRAIGHT LEG KICKS

MAIN SETS // perform 3 sets + 2 min rest between sets // add extra set for bonus if time allows

- Body Weight Squats // 10
- Push Ups // 10
- Single-leg Hops // 10 each leg
- Push Up Plank With Alternating Knees // 10 each leg
 - Go into the top of a pushup. Brace your abs and squeeze your butt to form a straight line from the top of your head to your ankles. Without moving your body, bring one knee into your chest. Do not round your back. Return the leg to the starting position and switch sides.
- Jumping Jacks // 30 seconds

STATIC STRETCH // Touch toes : hold 1 minute // Quad hold : 1 minute each leg // Calf stretch : 1 minute each leg // Side lunge : 1 minute each leg