

Warm Up

Walking crunches (walk sideways in one direction, bringing one knee up to a side crunch, then the other; walk the other way)

Good mornings

Squat to hamstring stretch

Walking lunges

Single leg circles

Standing alternating knee to chest

Cardio & Core Circuit 1

2 min total for each exercise— 45 sec work + 15 sec rest, 45 sec work + 15 sec rest

- Plank jack burpees
 - (when in plank position of the burpee, jump both legs out and in, then together, and hop up to finish the burpee)
- Partner resisted rotation w/ GC band across chest (one side halfway, then other)
- Squat scotch
- Lying squirm
 - (on back with feet flat and knees bent, lift head, tighten core and alternate touching the right handle to the right ankle, and the left hand to the left ankle)
- Banded running man (band around ankles)
- Plank with shoulder/knee/shin taps (alternate sides)

Cardio & Core Circuit 2

2 min total for each exercise— 45 sec work + 15 sec rest, 45 sec work + 15 sec rest

- Crossover plank
 - (in plank position, cross one leg underneath and to the other side, then the other leg)
- Sumo squat left heel lift, right heel lift, and jump (repeat)
- Lying leg walk up
 - (on back, one leg up, walk your hands to your knees, then ankles, hold, and slowly creep back down; do one leg then the other)
- Back lunge + kick + punches (one leg halfway, then the other leg)
- GC band wood chop
 - (stand on one side of the band, grab band with both hands rotate across and above your shoulder, from low to high; one side halfway, then switch)
- Air jump rope, alternating one foot (FULL TWO MINUTES, no break)

Equipment: GC resistance bands, mini bands