



**12 exercises – 2 times – 60sec work – 30sec rest**

* SHUFFLE SHUFLE TOUCH TOES
* SQUAT WALKS
* FORWARD REVERSE LUNGES ON LEFT SIDE CHANGE TO RIGHT SIDE ON 2nd SET
* SUMO LOW SQUAT – DOUBLE, DOUBLE, PULSE
* WALKOUTS – UP TO TOUCH TOES, REPEAT
* PLANK WALKOUTS
* WALKOUTS – 4 SQUATS AT TOP, REPEAT
* CLIMBING BEASTS ON KNEES OR TOES
* FULL BODY CRUNCHES REACHING TO TOES/FLOOR, FEET ON OR OFF FLOOR
* ON BACK OPP KNEE BEND, STRAIGHT LEG LIFT WITH BUM OFF FLOOR, HIPS TO CEILING, CHANGE SIDES ON 2nd SET
* ON BACK OPP KNEE BEND, STRAIGHT LEG UP TO CEILING, CRUNCH UP REACHING TOWARDS THE TOES, CHANGE SIDES ON 2nd SET
* PRESSUPS – WIDE (CHEST) TO NARROW (TRICEP) ALTERNATING ON TOES OR KNEES

