



Warm Up: 5 minutes

March in Place with Arms
Squat Rotation
Twist
Jumping Jacks
Butt Kicks

Today's Workout:

Total Body Conditioning (30 minutes)

2 Rounds:

Each round is 4 minutes. Each exercise is done for 1 minute.
30 second rest between exercises

Round 1:

1 minute each exercise, 30 seconds rest. Repeat 3 times.

1. Mountain Climbers
2. Curl Ups
3. Jumping Jacks
4. Planks
5. 1 minute Rest/Recovery – March/jog in place

Round 2:

1 minute each exercise, 30 seconds rest. Repeat 3 times.

1. Squats or Sit/Stand
2. Lane Slides
3. Wall Sit
4. Power Punches
5. 1 minute Rest/Recovery – March/Jog in place

Cool Down: 7 minutes

Air Jump Rope
Arm Circles
Shoulder Stretch
Back Lunge
Hip Hinge
IT Band Stretch
Child's Pose
Scorpion Stretch