



Today's Workout:
Warrior Choice – Total Body

Warm Up: 5 minutes

March in Place with Arms, Squat Rotation, Jumping Jacks, Butt Kicks, Arm Circles

Workout - 4 Rounds:

Each round is 5 minutes. 1 minute rest after each round
Each exercise is done for 45 seconds. 30 second rest between exercises

ROUND 1	
High Knees	Endurance
Jumping Jacks	Endurance
Push Ups	Strength
Squats/Sit-Stand	Strength
Power Punches	Endurance
ROUND 2	
Step Ups	Endurance
Mountain Climbers	Endurance
Plank	Strength
Ball Taps	Agility
Curl Ups	Strength
ROUND 3	
Butt Kicks	Endurance
Mountain Climbers	Endurance
Plank	Strength
Wall Sit	Strength
1 Leg Stand L/R	Agility
ROUND 4	
Skier Hops	Strength
Step Ups 2	Endurance
Mountain Climbers	Endurance
Squat-Sit to Stand	Strength
Russian Twist	Strength

Cool Down: 5 minutes

Arm Circles, Shoulder Stretch, Hip Hinge, Knee Lunge, Child's Pose