



Today's Workout: Final Countdown

Focus: Strength, Endurance and Agility (45 minutes)
10 Reps each exercise, then 9, then 8....to 1

Warm Up: High Knee March, Squat Twist, Jog in Place, High Knees, Arm Circles

Round 1:

Jumping Jack
Squats
Push Up

Rest: 1:30

Round 2:

Kicks (Left/Right = 1)
Lunge (Total Lunges)
Shoulder Tap Planks (Total Taps)

Rest: 1:30

Round 3:

Power Punches (Left/Right = 1)
Mountain Climbers
Curl Ups

Rest: 1:30

Round 4:

Knee Drive (Left/Right = 1)
Side Lunge
Russian Twist

Rest: 1:30

Round 5:

Lane Slides
Upper Cuts (Left/Right = 1)
Cross Country Glide

Cool Down: Arm Swings, Shoulder Stretch, Hip Hinge, Lunges, Child Pose