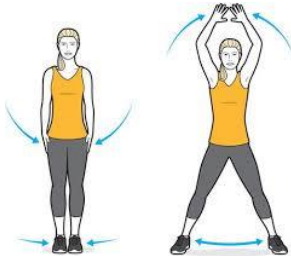


WORKOUT 1

WORMUP

JUMPING JACKS

(1 MIN)



WALKING KNEE HUGS

(15 EACH LEG)



ARM CIRCLES

(1 MIN)



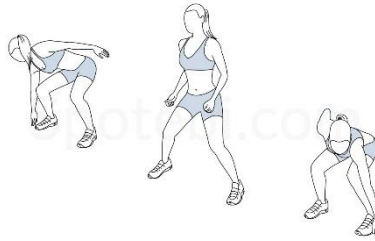
ARM CIRCLES

(1 MIN)



SIDE SHUFLES

(15 EACH LEG)



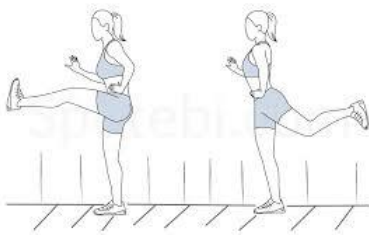
LUNGES

(15 EACH LEG)



LEGS SWINGS

(15 EACH LEG)



INCHWORMS

(1 MIN)



TOETOUCHES

(1 MIN)



The Circuit (1 minute per exercise repeat)

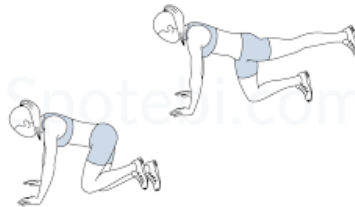
*between exercises you have 15 seconds to recover.

*when you finish the main part repeat all the exercises

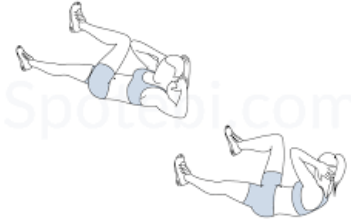
BRIDGE



STRAIGHT-LEG DONKEY KICK



BICICLE CRUNCH



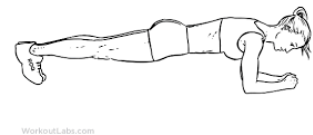
SQUATS



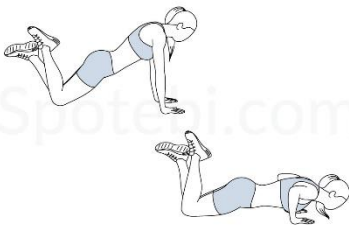
BIRD DOG



FOREARM PLANK



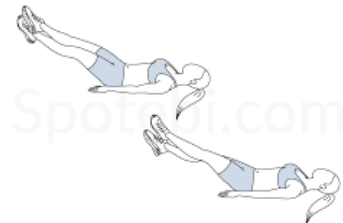
KNEE PUSHUP



PLANK TO DOWN DOG



SCISSORS



SIDE LYING HIP ABDUCTION



SIDE LYING HIP ABDUCTION (OTHER SIDE)



BURPEES



HEEL TOUCHES



SIDE PLANK



SIDE PLANK



COOL DOWN

SEATED FORWARD BEND

(1 MIN)



KNEE-TO-CHEST POSE

(1 MIN)



KNEE-TO-CHEST POSE

(1 MIN)



BUTERFLY

(1 MIN)



CHILD'S POSE

(1 MIN)



STANDING QUADRICEPS STETCH

(1 MIN EACH LEG)

