

WORKOUT 3

WARM UP

*E.L (EACH LEG)

OPEN THE GATE

(1 min)



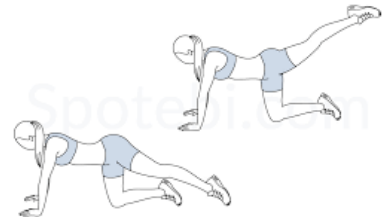
ALTERNATING SIDE LUNGE TOUCH

(1min)



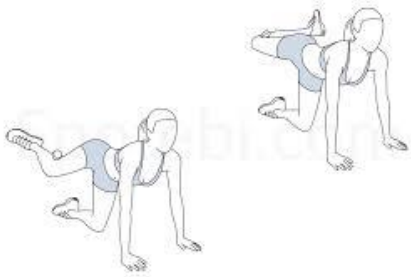
BACK LEG LIFTS

(1min)



BOOTY SQUEEZE

(1min)



BUT KICKS

(1min)



CLAMSHELL

(1min)



CURTSEY LUNGE

(1min)



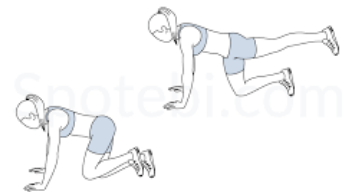
CURTSEY LUNGE SIDE KICK

(1min)



DONKEY KICKS

(1min)



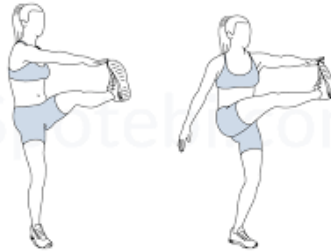
JUMPING JACKS

(1min)



KICK CRUNCH

(15 sec E.L)



HIP FLEXOR STRETCH

(15 sec E.L)



CIRCUIT

- *1min every exercise
- * between exercises you have 15 sec to recover
- *repeat every exercise 2 times

BURPEES



DOWNWARD DOG CRUNCH



FIRE HYDRANT



FROG JUMPS



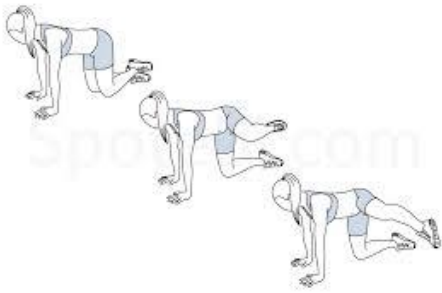
FRONT AND BACK LUNGES



JUMP SQUAT



KNEEL ROUNDHOUSE KICK



KNEE TO ELBOW KICKBACK



LUNGES



MOUNTAIN CLIMBERS



SHRIMP SQUAT



SIDE LUNGE



SIDE LUNGE TO CURTSY LUNGE



SIDE LUNGE TO LEG LIFT



SIDE SHUFFLE



COOL DOWN

CAT-COW STRETCH

(1 min)



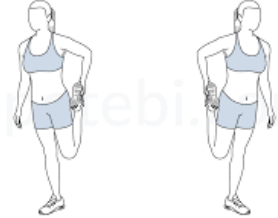
HIP FLEXIONS STRETCH

(15 sec E.L)



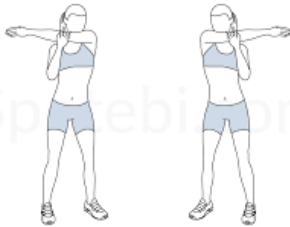
QUAD STRETCH

(15 sec E.L)



SHOULDER STRETCH

(15 sec E.L)



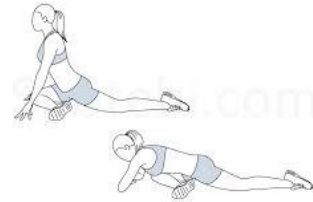
FORWARD BEND

(1 min)



PIDGEON GLUTE STREIGHT

(1 min)



AB STRETCH

(1 min)



CHILD'S POSE

(1 min)

