

**Warm Up: Do each movement for 10 meters before you work out**

Hand to Toe kick  
Walking Quad Stretch  
Hand to toe Stretch  
Walking Heal Grab  
A-Skip  
B-Skip  
Shuffle  
High Knees  
Butt Kick  
Carioka  
Fence Skip Forward  
Fence Skip Backward  
High Knee Cross over

**Rotate through the workouts starting at number 1 and then going to number 8. Repeat when finished.**

**Workout 1**

**3 Sets of:**

Wall Sit x 1min  
Push Up x10  
Walking Lunge x10  
Walk Out x10  
Glute Bridge Pause at top x 1 min  
Bird Dog x 10/side  
Mtn Climber x20

**Workout 2**

Run, Bike, or Swim

30 to 40 minutes

**Core Work 2 to 3 sets**

Plank 1 min  
Sit up x15  
Side Plank x 30 sec  
Bicycle x15  
V-Sit x1min  
Plank reach arms and alt legs x10/side  
Knees to chest x15  
Bird Dog x 5/side with 5 sec pause  
Sky Diver x15  
Total Body Crunch x15  
Plank push up x10/side

**Workout 3**

**3 Sets of:**

Squat Jump x10  
Push Up x10  
Squat Pause 5 sec pause x10  
Walk Out x10  
Double leg Bound x5  
Split Hop x10  
Mtn Climber with Twist x20

**Workout 4****3 Sets of:**

Verticle Jump x10  
Push Up x10  
Wall Sit x 1 min  
Shoulder Tap x20  
Back Lunge Knee up x10/leg  
Speed Skater x10/leg  
Mtn climber w/twist x20

**Workout 7****5 Sets of:**

5 Burpies  
10 Push Ups  
15 Sit Ups  
20 Squats

**Workout 5**

Run, Bike or swim  
30 to 45 minutes

**Abs:**

Crunchx25  
Reach in Middle x25  
Toe Touch x25  
Bicycle x25  
Penguin x25  
Knee Up x25  
Hip Raisex25  
Leg Lift x25

**Workout 8**

Run Bike or Swim  
30 to 45 minutes  
Core:  
Glute Bridge x1min  
Plank x 1min  
Glute Bridge Alt Legs x1min  
Side Plank x30 sec  
Sky Divers x1min

**Workout 6****3 Sets of:**

Split Squat x10/leg  
Push Up x10  
Back Lunge x10/leg  
Walk Out x10  
Walking Lunge x10/leg  
Sholder Taps x20/side  
1 Leg RDL x15/side