

DAY 1: LEGS & CARDIO

Total Work Time: 28 minutes.

Exercise Sequence: Circuit 1 (rest 1 minute) Circuit 2 (rest 1 minute) Circuit 1 (rest 1 minute) Circuit 2 (end).

Circuit 1 (7 minute rotation)

EXERCISE 1

**TUCK JUMP
BURPEE**

REPS: 15

EXERCISE 2

**REVERSE
LUNGES**

REPS: 15
EACH LEG

EXERCISE 3

X JUMPS

REPS: 15
EACH SIDE

EXERCISE 4

**JUMP
LUNGES**

REPS: 15
EACH LEG

Circuit 2 (7 minute rotation)

EXERCISE 1

**SUMO
JUMP
SQUAT**

REPS: 15

EXERCISE 2

**SEE-SAW
LUNGE**

REPS: 15

EXERCISE 3

**AERO
SKATERS**

REPS: 15
EACH LEG

EXERCISE 4

**BURPEE
BROAD
JUMPS**

REPS: 15

DAY 2: UPPER BODY & CORE

Total Work Time: 28 minutes.

Exercise Sequence: Circuit 1 (rest 1 minute) Circuit 2 (rest 1 minute) Circuit 1 (rest 1 minute) Circuit 2 (end).

Circuit 1 (7 minute rotation)

EXERCISE 1

**SPIDER
PRESS UPS**

REPS: 15
EACH SIDE

EXERCISE 2

**SEATED
KNEE TUCK**

REPS: 15

EXERCISE 3

**PLANK
PRESS UP**

REPS: 15
EACH ARM

EXERCISE 4

**DOWN &
UPS**

REPS: 15

Circuit 2 (7 minute rotation)

EXERCISE 1

**SPIDER
PLANK**

REPS: 15
EACH SIDE

EXERCISE 2

**CLAP
PRESS UP**

REPS: 15

EXERCISE 3

**RAZOR
PLANK**

30 SECS
EACH LEG

EXERCISE 4

**6 MOUNTAIN
CLIMBERS
+1 PRESS UP**

REPS: 15