

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

**JUMP
SQUATS**

REPS: 20

EXERCISE 2

**WALKING
LUNGE**

REPS: 20
EACH LEG

EXERCISE 3

BURPEES

REPS: 20

EXERCISE 4

**SUMO
SQUAT**

REPS: 20

Circuit 2 (7 minute rotation)

EXERCISE 1

X JUMPS

REPS: 20
EACH SIDE

EXERCISE 2

SKATERS

REPS: 20
EACH LEG

EXERCISE 3

**JUMP
LUNGES**

REPS: 20
EACH LEG

EXERCISE 4

**BROAD
JUMP
BURPEES**

REPS: 20

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

**SPLIT LEG
PRESS
UPS**

REPS: 20

EXERCISE 2

**6 MOUNTAIN
CLIMBERS
+ 2 PRESS UPS**

REPS: 20

EXERCISE 3

**TRIPOD
PLANK**

45 SECS
EACH LEG

EXERCISE 4

**REVERSE
CRUNCH**

REPS: 20

Circuit 2 (7 minute rotation)

EXERCISE 1

**PLANK
PRESS UPS**

REPS: 20
EACH ARM

EXERCISE 2

**V-SIT
UPS**

REPS: 20

EXERCISE 3

**DROP
PRESS UPS**

REPS: 20

EXERCISE 4

**RUSSIAN
TWIST**

REPS: 20
EACH SIDE