

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: 15

EXERCISE 2

WALKING LUNGE

REPS: 15
EACH LEG

EXERCISE 3

BURPEES

REPS: 15

EXERCISE 4

SUMO SQUAT

REPS: 15

Circuit 2 (7 minute rotation)

EXERCISE 1

X JUMPS

REPS: 15
EACH SIDE

EXERCISE 2

SKATERS

REPS: 15
EACH LEG

EXERCISE 3

JUMP LUNGES

REPS: 15
EACH LEG

EXERCISE 4

BROAD JUMP BURPEES

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

SPLIT LEG PRESS UPS

REPS: 15

EXERCISE 2

6 MOUNTAIN CLIMBERS + 2 PRESS UPS

REPS: 15

EXERCISE 3

TRIPOD PLANK

30 SECS
EACH LEG

EXERCISE 4

REVERSE CRUNCH

REPS: 15

Circuit 2 (7 minute rotation)

EXERCISE 1

PLANK PRESS UPS

REPS: 15
EACH ARM

EXERCISE 2

V-SIT UPS

REPS: 15

EXERCISE 3

DROP PRESS UPS

REPS: 15

EXERCISE 4

RUSSIAN TWIST

REPS: 15
EACH SIDE