



Make sure you are warmed up first – see Warm up video

Month 2 - Day 2

Dirty Dancing 2

Timer: Multiple timers needed: 45s/15s; 30s/10s; 20s/10s; '1 minute between sets' timer for rest.

Format: 3 Mini Circuits : 45 seconds of A1, 15 seconds rest, 45 seconds of A2, 15 seconds, etc right through to A5. Rest for 1 minute, Repeat format for B1 – B4. Rest for 1 minute, Repeat format for C1 – C4.

Exercises

Circuit A - 45s/15s

- A1. Ski jumps
- A2. Squat (holding dumbbells)
- A3. Mountain Climbers
- A4. Staggered arm press up.

1 minute rest

Circuit B – 30s/10s

- B1. Renegade rows or (Band/ dumbbell bicep curls)
- B2. Lunge (holding dumbbells)
- B3. T Press Up (or dumbbell shoulder press)
- B4. Squat jumps.

1 minute rest

Circuit C – 20/10s

- C1. Plank walkouts (or [Get ups](#))
- C2. Mountain climbers (or High knees)
- C3. Plank elbow to hands
- C4. Squat thrusts (or Torso Twist with dumbbell)

EXERCISE LIBRARY LINK

Do this workout twice today.