

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

BURPEES

REPS: 12

EXERCISE 2

REVERSE LUNGES

REPS: 12
EACH LEG

EXERCISE 3

X JUMPS

REPS: 12
EACH SIDE

EXERCISE 4

JUMP LUNGES

REPS: 12
EACH LEG

Circuit 2 (7 minute rotation)

EXERCISE 1

SUMO JUMP SQUAT

REPS: 12

EXERCISE 2

CLOCK LUNGES

REPS: 12
EACH LEG

EXERCISE 3

SKATERS

REPS: 12
EACH LEG

EXERCISE 4

BURPEE BROAD JUMPS

REPS: 12

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: 12
EACH SIDE

EXERCISE 2

CYCLE CRUNCH

REPS: 12
EACH SIDE

EXERCISE 3

PLANK PRESS UP

REPS: 12
EACH ARM

EXERCISE 4

DOWN & UPS

REPS: 12

Circuit 2 (7 minute rotation)

EXERCISE 1

SPIDER PLANK

REPS: 12
EACH SIDE

EXERCISE 2

V-SIT UPS

REPS: 12

EXERCISE 3

CLAP PRESS UPS

REPS: 12

EXERCISE 4

REVERSE CRUNCH

REPS: 12
EACH LEG