

### 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

**180 DEGREE  
JUMP  
SQUAT**

REPS: 12

##### EXERCISE 2

**WALKING  
LUNGE**

REPS: 12  
EACH LEG

##### EXERCISE 3

**DOUBLE  
BURPEES**

REPS: 12

##### EXERCISE 4

**SUMO  
SQUAT**

REPS: 12

#### Circuit 2 (7 minute rotation)

##### EXERCISE 1

**TUCK  
JUMPS**

REPS: 12

##### EXERCISE 2

**AERO  
SKATERS**

REPS: 12

##### EXERCISE 3

**JUMP  
LUNGES**

REPS: 12

##### 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

**SPLIT LEG  
PRESS  
UPS**

REPS: 12

##### EXERCISE 2

**6 MOUNTAIN  
CLIMBERS  
+ 1 PRESS UP**

REPS: 12

##### EXERCISE 3

**TRIPOD  
PLANK**

30 SECS  
EACH LEG

##### EXERCISE 4

**REVERSE  
CRUNCH**

REPS: 12

#### Circuit 2 (7 minute rotation)

##### EXERCISE 1

**PLANK  
PRESS UPS**

REPS: 12  
EACH ARM

##### EXERCISE 2

**V-SIT  
UPS**

REPS: 12

##### EXERCISE 3

**DROP  
PRESS UPS**

REPS: 12

##### EXERCISE 4

**RUSSIAN  
TWIST**

REPS: 12  
EACH SIDE