

1) Warm up first - jog in place, active stretching, jumping jacks, etc.

2) Cardio Circuit - Countdown the reps (e.g. 1st round is 5 Stairs, 25 Jacks, 5 ball passes, 50 Jump ropes, 2nd round 4 stairs, 20 jacks, 4 ball pass, 40 jump rope...)

Rnd 1 Rnd 2 Rnd 3 Rnd 4 Rnd 5

Stairs 5 4 3 2 1

Jumping jacks 25 20 15 10 5

Ball pass 5 4 3 2 1

Jump Rope 50 40 30 20 10

3) ABS

Double leg lifts - 20 each side (sit up tall, hinge onto one forearm, roll back, then slowly lift/lower both legs - w/ or w/o ring/ball)

Lay down, Legs extended to 90 degrees (entire time) - arms in "T" curl to side, lower to a "T", curl w/ arms together over chest, lower sweep arms overhead, curl w/ arms together overhead (all of these with or w/o weights) - 4 rounds

Reverse curls - (w/ or w/o weights and w/ or w/o ring/ball) - 10

Overhead leg changes - (maintain curl, hold ball or ring high over chest, slowly switch legs) - 10

Oblique curls - hands behind head, elbows out wide, switch knees as elbow goes towards opposite knee

4) Planks

Plank to Push Up - start in forearm plank position, press up with right arm, then left, then down right, down left (back to plank) - 10

Plank hold - 1 min. 10 seconds

Plank with leg lift - 10 lifts with each leg

Side plank - 35 seconds each side

Side plank with leg lift - 10 lifts each side

Side push up (lie on side, top leg goes back, bottom leg comes forward, bottom arm give yourself a hug, top arm goes in front w/ palm on mat, look forward - do not tuck chin) - push up - 10 to 15 each side

5) Cool down & stretch