

*Round 1 (repeat 4x)*

*A: 30s Plank*

*B: 30 Squats*

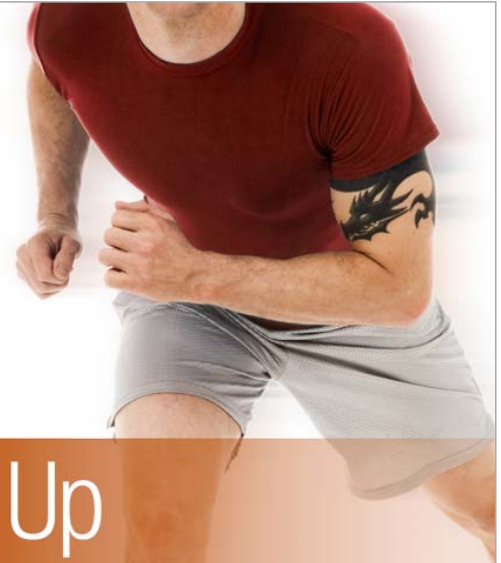
*Round 2 (repeat 4x)*

*A: 30s Mountain Climbers*

*B: 30 Hip Raises*

*Rest as needed between exercises.*

*Equipment: Bodyweight*



## Warm Up

- A warm up will prepare you for exercise by increasing blood flow to the muscles as well as help increasing joint range of motion
- Perform a 5 minute warm up, starting at a slow pace and gradually increasing it as you proceed.

## Plank Yoga

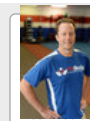


- Step the other leg back and lower your body towards the floor until your shoulders are directly over your hands, arms straight.
- Your body should be completely straight from heels to head.
- Look down at the floor, keeping your head in line with your spine.
- Hold for 1 breath.

## Squat Legs



- 1 - Stand upright with your arms by your sides and your feet about shoulder width apart.
- 2 - Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- 3 - Return upright and lower your arms to the start position.



## Rest



## Mountain Climber

Cardio



1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.

2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

## Hip Raise

Abs



1 - Lie on your back with your legs straight up in the air and your hands by your sides.

2 - Push your feet up towards the ceiling, raising your hips off the floor.

- Use your abdominal muscles to pull you up and do not push with your hands.
- Lower your hips back to the floor and repeat.

## Cool Down



• A cool down allows time for your heart rate and core temperature to begin to drop back to normal levels.

• Perform a 5 minute cool down at a slow pace, using controlled breathing.