

Workout 1

Warm-Up: (do each move for 30 seconds)

Arm Circles (forward and backward)

Jumping Jacks

Good Mornings

Boxer Shuffle

Toy Soldiers

Jog in Place

BW Squats

March in place

Each move will last 30 seconds with a 15 second rest in between. You will rest for 1 minute in between each round.

Round One	Round Two	Round Three	Round Four
Sumo Punches	Wacky Jacks	Invisible Jump Rope	Free Choice
Bicycles	Butterfly Crunch	Ab Toe Touch	Free Choice
Skiers	Mountain Climbers	Kneeling Sprints	Free Choice
Long Leg Obliques	Scissor Kicks on Back	Crab Walks	Free Choice
1 MINUTE REST	1 MINUTE REST	1 MINUTE REST	1 MINUTE REST

3-5 Minute Cool-Down

Workout 2

Warm-Up: (do each move for 30 seconds)

Boxer Shuffle

Arm Circles (forward and backward)

Jumping Jacks

Toy Soldiers

BW Squats

Good Mornings

Jog in Place

March in place

Each move will last 30 seconds with a 15 second rest in between. You will rest for 1 minute in between each round.

Round One	Round Two	Round Three	Round Four
Sumo Squats	Alternating Reverse Lunge	Tricep Dips	Russian Twist
Push Ups	Superman Lat Pulls	Side Lunges (R/L)	Squat Jumps
Reverse Crunch	Plank Hip Taps	Plank with Row	Toe Touch Straight Leg (on back)
Jumping Jack Tap Downs	Skiers	Double Heisman	Zig Zag Jumps
1 MINUTE REST	1 MINUTE REST	1 MINUTE REST	1 MINUTE REST

3-5 Minute Cool-Down

Workout 3

Warm-Up: (do each move for 30 seconds)

Knee Hugs
Butt Kicks
Push/Pulls
Squat Cross Jack
Toy Soldiers
Good Mornings
Jog in Place
March in place

Each move will last 30 seconds with a 15 second rest in between. You will rest for 1 minute in between each round.

Round One	Round Two	Round Three	Round Four
Push Up with Rotation	Squat Jumps - Narrow to Wide	Zig Zag Hops	Kneeling Sprints
Skiers	Bird Dog Crunches	Plank Opposite Knee to Opposite Elbow	Down Dog Thrusters
Plank with Rear Raisers	Bunny Hops	Fast Feet to Burpee	Reverse Push Ups
Jumping Jack Tap Downs	Plank Up Downs	Pulsing Lunges - R/L	Walking Planks
1 MINUTE REST	1 MINUTE REST	1 MINUTE REST	1 MINUTE REST

3-5 Minute Cool-Down

Workout 4

Warm-Up: (do each move for 30 seconds)

Toy Soldiers

Boxer Shuffle

Knee Hugs

Jumping Jacks

Arm Circles (Forward and Backward)

Upper Cuts

Good Mornings

Jog in Place

March in place

Each move will last 30 seconds with a 15 second rest in between. You will rest for 1 minute in between each round.

Round One	Round Two	Round Three	Round Four
Plie Squats	Sumo Punches	Floor Bridges	Jumping Lunges
Bicycles	Crunch Cross Punch	Butterfly Crunches	Plank Shoulder Taps
Tricep Push Ups	Side Reach Pulls - R/L	Wacky Jacks	Mountain Climbers
Jumping Jack to Burpee	Jumping Jack - 6 High Knees	Wall Sit	Side Plank Hip Dips - R/L
1 MINUTE REST	1 MINUTE REST	1 MINUTE REST	1 MINUTE REST

3-5 Minute Cool-Down