

# WEEK 2 WORKOUT 2

**THIS WORKOUT  
IS 30 SEC ON/  
20 SEC OFF**

**Repeat 3-5x**

**Repeat 3 - 5x through**

- Air squats
- Side plank (right side)
- Skiers
- Side plank (left side)
- No rope jump rope
- Knee hug crunches



## Prisoner squat

- WEIGHT IN YOUR HEELS
- HANDS BEHIND HEAD
- TORSO UPRIGHT



## Side plank

- FOREARM OR WRIST
- OPTIONAL UP/DOWN  
REPETITIONS
- WRIST UNDER SHOULDER
- ENGAGE YOUR CORE
- AVOID HIPS SAGGING DOWN



## Skaters

- JUMP INTO A CURTSEY LUNGE
  - OPTIONAL TOUCH DOWN
- KEEP WEIGHT IN HEEL OF OUR FRONT FOOT
- AVOID BANGING BACK KNEE



## Side plank

- FOREARM OR WRIST
- OPTIONAL UP/DOWN REPETITIONS
- WRIST UNDER SHOULDER
  - ENGAGE YOUR CORE
- AVOID HIPS SAGGING DOWN



## No rope- jump rope

- PRETEND YOU'RE JUMPING ROPE!
- KEEP UP YOUR SPEED



## Knee hug crunches

- BRING KNEES IN TO CHEST AND HUG THEM