

40 sec on, 20 sec off

Rest for one minute between rounds

- Air squat (fast)
- Jump squat
- Superman
- Lunge chop
- Reverse plank march
- Wall sit



Prisoner squat

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



Jump squat

- WEIGHT IN YOUR HEELS
- TORSO UPRIGHT
- POWER THROUGH YOUR JUMPS!



Supermans

- BRING ARMS AND LEGS UP TO THE SKY, HOLD FOR 3 SEC
- OPTIONAL ARM MOVEMENT



Alternating lunge with chop

- WEIGHT IN HEEL OF FRONT FOOT
- TORSO UP, BRING ARMS ABOVE HEAD AND CHOP TO SIDE WITH LEG FORWARD
- ENGAGE YOUR CORE



Reverse plank with march

- KEEP YOUR HIPS UP
- BRING KNEE UP INTO CHEST, ALTERNATE



Wall sit

- WEIGHT IN HEELS
DON'T PUT WEIGHT IN YOUR TOES!
- TORSO UP
- LEGS AT A 90 DEGREE ANGLE
- DON'T PRESS YOUR HANDS ON YOUR KNEES