

Body weight  
squat

Butt kicks

Push-ups

Jumping jacks

Side plank L side

Side plank R side



## Body weight squats

Keep your weight in your heels  
Torso upright  
Hands behind head or on hips



## Butt kicks

Keep up your speed!



## Pushups

Feel free to do hands and toes  
or hands and knees pushups  
- do not sag your hips



# Jumping jacks

Keep up that speed!



# Side plank (R side)

- Don't sag your hips
- Use your forearm if wrist hurts



# Side plank (L side)

- Don't sag your hips
- Go on forearm if wrist hurts



GREAT  
JOB!  
repeat  
3-5x  
through