

30 SECONDS ON / 30 SECONDS OFF

Lunge back with kick forward (L side)

Plank with toe touch

Butt kicks

Lunge back with kick forward (R side)

Scissor kicks

REPEAT 3-5X

## Back lunge w/ kick forward L side

30 SECONDS ON

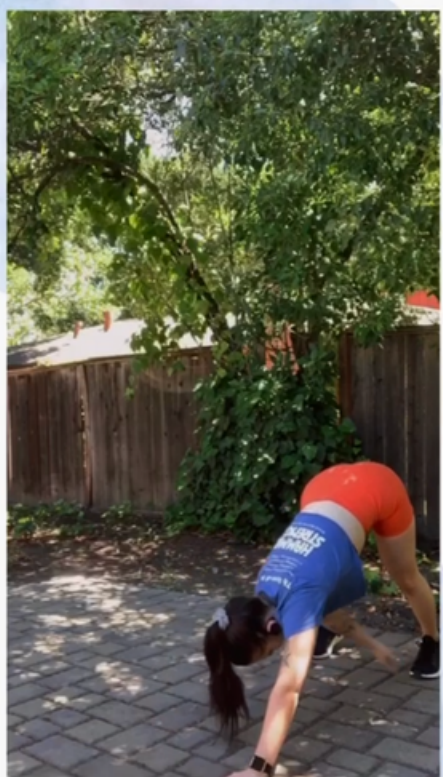
- WEIGHT IN HEEL OF FRONT FOOT
- TORSO UPRIGHT
- DON'T BANG BACK KNEE
- POWER THROUGH YOUR KICK



## Plank with toe touch

30 SECONDS ON

- DON'T LET HIPS SINK DOWN
- ENGAGE YOUR CORE
- WRISTS BELOW SHOULDERS



## Butt kicks

30 SECONDS ON-

- KEEP UP YOUR SPEED





# Back lunge w/ kick forward

## R side

30 SECONDS ON

- WEIGHT IN HEEL OF FRONT FOOT
- TORSO UPRIGHT
- DONT BANG BACK KNEE
- POWER THROUGH YOUR KICK



# Scissor kicks

30 SECONDS ON

- USE ARMS ON SIDE FOR STABILITY OR UNDER YOU FOR MORE OF A CHALLENGE
- THE CLOSER TO THE GROUND YOUR LEGS ARE, THE MORE CHALLENGING.

This workout  
is 30 sec on //  
30 sec off

AND REPEAT 3-5 ROUNDS