

Warm up: High kicks, Kick-backs, Toe walks, Heel walks, Hip circles

WORKOUT ONE:

Circuit 1: 3 Rounds

Inchworms (Hand walks): 5 reps

Glute Bridges: 12 reps

Goblet Squats: 8 reps

Push-Ups: 10 reps

Circuit 2: 3 Rounds

Farmers Carry: 1 min – Use kettlebells or put books in a grocery bag.

Squat to dumbbell overhead press: 8 reps

Circuit: 3 Rounds

Run/Fast walk: 400 Meters

Jump Rope/High knee march: 80-100 revolutions

Plank: 45 Sec

WORKOUT TWO:

Circuit 1: 3 rounds

Wall sit 1 min

Air squat 1 min

90/90 hold 30 seconds each leg

Circuit 2: 4 rounds

Shoulder taps on floor or wall 20 reps each arm

Deadbugs 10 reps each side or just lowering one leg at a time

Reverse crunch laying on back for 10 reps or seated knee tuck ups.

Don't forget to stretch and foam roll.