



## Week 1: Workout #3

### **Equipment:**

Mat

### **Circuit #1**

- Inchworm, push up, hop in, tuck jump, jog back
- Plank touch opposite shoulder
- Prisoner lunge hops X 3 with knee to elbow, switch sides

:40 on

:20 off

X3 sets

### **Circuit #2**

- 1 squat, 1 squat jump
- Repeat up to 15
- 15 squats, 15 squat jumps

### **Circuit #3**

- Squat jump, forward lunge right (repeat left side)
- Up, down Planks
- Wide squat jumps x 2, criss cross x 2, plank walk x 2

:40 on

:20 off

X3 sets

Minimal rest between exercises in each circuit

1:00 rest between