



Week 4: Workout #1

Equipment:

Dumbbells

Mat

Circuit #1

Curtsey lunge pulse

Squat jumps

Curtsey lunge, step back lunge

Step back lunge pulse

Circuit #2

Push up

Plank hold

Bear plank

Tricep push up

Circuit #3

Dolphin push up

Single leg touchdown and jump up

Bird dog

Plank side to side hops

Circuit #4

Arabesque

Pulse heel to ceiling

Fire hydrant

Plank knee pulls

Circuit #5

Ski hops

Squat jump and lunge combo

Wide squats

Side lunge

Circuit #6

Burpee

Side plank

Crunches

Crab touches

Circuit #7

Russian twists

Bridges

Leg drops

Froggers

Repeat each circuit 2 times in a row. Each exercise should be performed for :20 with :10 seconds rest