

THE FOLLOWING WORKOUT WITH USE THESE REP RANGES: YOU WILL DO THE FIRST RANGE THEN THE SECOND RANGE, THIRD UNTIL YOU COMPLETE ALL ROUNDS.

BEG 8|10|12|10|8

INTER 10|16|24|16|10

ADV 12|20|24|30|24|20|12

- **'DEEP' BODY WEIGHT SQUATS** *ADD WEIGHT, MEDICINE BALL, DBs or WHATEVER YOU HAVE OR TRY SITTING ON YOUR LOWEST STEP ON THE SAIRS OR PORCH
- **STRAIGHT ARM PLANK 'CROSS TOE TAPS UNDERNEATH'** *EACH SIDE
- **KNEE IN (SPIDERMAN) PUSHUPS**
- **REVERSE LUNGE KICKS** *EACH SIDE
- **PIKE 'SHOULDER PRESS' PUSHUPS**
- **FLUTTER KICKS** *EACH SIDE
- **CURTSEY 'X-OVER' LUNGES** *EACH SIDE
- **SQUAT JUMPS**
- **X-MT. CLIMBERS** *EACH SIDE

ADD A CARDIO IN EACH ROUND TO FINISH BEFORE STARTING THE NEXT. 5 MINUTES OF EITHER A JOG, FAST WALK, JUMPING JACKS, BURPEES, JUMP ROPE, STAIONARY BIKE, TREADMILL, ETC.. BE CREATIVE AND MOVE AS FAST AS YOU CAN.