

Warm Up:

- 3 laps: walk
- 2 laps: run
- 1 lap each:
 - Skip
 - Run w knees up
 - Run with heels up (kick your butt)
 - Side shuffle R lead
 - Side shuffle L lead
- 2 laps: fast run

Whatever Cardio you want for 5-10 more minutes (i.e. ladders, crab walk, bear crawl, kicks, lunges, etc)

Circuit: 1 min 15 seconds each

1	8-10 lbs	R leg lunge: weights on shoulder, left leg on chair, weight on R foot
2	8-10 lbs	L leg lunge: weights on shoulder, R leg on chair, weight on L foot
3	10 lbs	Bicep Curl
4	Mat	Plank
5	Jumping Jacks	8 fast, 4 slow, repeat
6	Band (through top of door)	Tricep push down
7	Ball	Crunches on a ball
8	8-10 lbs	Squats in place
9	5-8 lbs	T shoulder lift (straight up in front to shoulder height, rotate to side, down; straight up side to shoulder height, rotate to front, down)
10	Mat	Push ups
11	Band (stick in door at chest level)	Pull back
12	No Equipment	Jump Squats
13	Mat & (1) 5-10 lb dumbbell	V-sit (sit back on tailbone) and touch weight side to side
14	(1) 5-10 lb dumbbell	Glute-lift/bridge (lying on back, knees bent, weight on hips—lift hips off the floor and squeeze glutes)
15	5-8 lbs	Overhead shoulder press

Stretch