1 - Cardio Workout

Warm up:

1. Jog in place (30 seconds)
2. High knee Jog in place (30 seconds)
3. Heel Tap Jog in Place (30 seconds)
4. 30 seconds rest

Circuit 1 (1time through)

1. Up and Over Lunge Slam (3 x 20 seconds, 10 seconds rest)
2. 30 seconds rest
3. High to Low Plank (3 x 20 seconds, 10 seconds rest)
4. 30 seconds rest
5. R-L-R High Knee Alt (3 x 20 seconds, 10 second rest)
6. 30 seconds rest

Circuit 2 (3 times through)

1. High Plank (30 seconds)
2. 3 squats 1 burpee (3 times)
3. High Plank (30 seconds)
4. 20 FAST Jab punches 1 burpee (3 times)

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2 - Strength Workout

Warm up:

1. Lateral Lunge Side to Side (45 seconds)
2. Curtsy Side to Side (45 seconds)
3. Inch Worms (45 seconds)
4. 30 seconds rest

Circuit 1 (3time through)

1. Lateral Lunge to Curtsy (30 seconds right, 30 seconds left)
2. Blast off Push Up (30 seconds)
3. High Plank Knee to elbow cross (30 seconds)
4. 30 seconds rest

3 - Core Workout

Warm up:

1. Cat-Cow (30 seconds)
2. Bear Stance (2 x 30 seconds, 10 seconds rest)
3. High Plank (30 seconds)
4. 30 seconds rest

Circuit 1 (2 times through, Light weight)

1. Sit up Cross Body Punch (30 seconds)
2. Toe Touch (30 Seconds)
3. Side Plank Right (30 seconds)
4. Side Plank Left (30 seconds)
5. 30 seconds rest

Circuit 2 (1 time through)

1. Straight Crunch (30 seconds)
2. Left side Crunch (30 seconds)
3. Right Side Crunch (30 seconds)
4. Bicycles (30 seconds)
5. Streamline Leg Lifts (30 seconds)

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4 - Cardio Workout

Warm up: *(3 times through)*

1. 10 x Open Arm Jumping Jacks
2. 6 x Squats
3. 2 x Inch Worms with 2 Push Ups
4. 30 seconds rest

Circuit 1 (3 times through)

1. Hand Lift Push Ups (30 seconds right, 30 seconds left)
2. Touch Squats (30 seconds)
3. Reverse Crunch Rotate C-R-C-L (30 seconds)
4. Bicycles (30 Seconds)
5. 30 seconds rest

5 - Strength Workout

Warm up:

1. Knee Squats (2 x 30 seconds, 10 seconds rest)
2. Squats (2 x 30 seconds, 10 seconds rest)
3. Streamline Squats (2 x 30 seconds, 10 seconds rest)
4. 30 seconds rest

Circuit 1 (3 times through, light weights)

1. Squats (45 seconds)
2. Arm Press (45 seconds)
3. Squat to Arm Press (45 seconds)
4. 45 seconds rest

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6 - Core Workout

Warm up: ***(Repeat for 2:30)***

1. Inch worm, Plank, Right Spider, Twist Right
2. Inch worm, Plank, Left Spider, Twist Left

Circuit 1 (2 times through)

1. High Plank (30 seconds)
2. Low Plank (30 seconds)
3. 30 seconds rest

Circuit 2 (2 times through)

1. Reverse Plank (60 seconds)
2. 30 seconds rest

Circuit 3 (2 times through)

1. High Plank, Leg Lift (30 seconds)
2. Low Plank, leg Lift (30 seconds)
3. 30 seconds rest

Circuit 4 (2 times through)

1. Reverse Plank, Knee Pumps (60 seconds)
2. 30 seconds rest