

MONTH 1

WARM UP

:20 sec Jump Rope

8 Alternating Knee to Chest

5 Spiderman Lunges (each side)

10 Arm Circles (5 forward, 5 backward)

10 Leg Swings (each side)

20 Jumping Jacks

8 Sumo Squats

8 Glute Bridges

4 Cat Cow

4 Quadruped T-Spine Rotation (each side)

:20 sec Jump Rope