

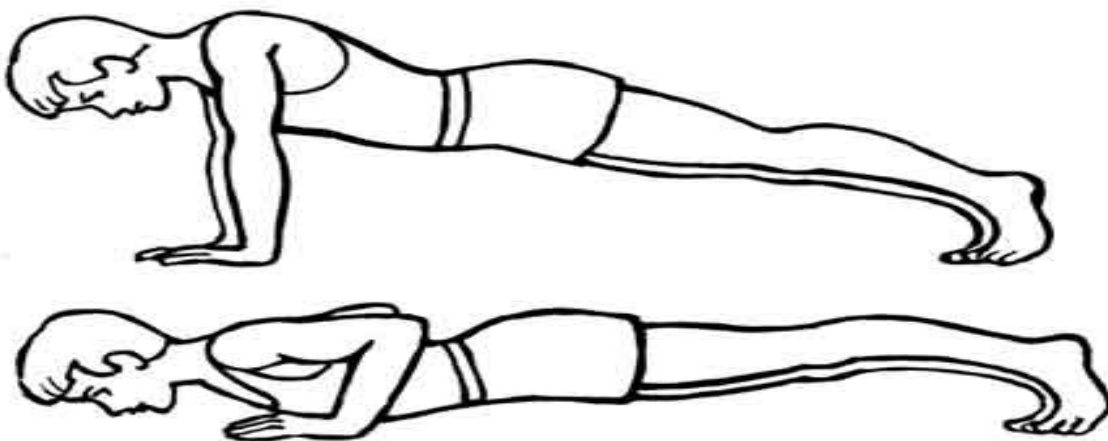
Russian Twists



Sit on the floor, knees bent, feet on the floor, and lean back, keeping your back straight. Turn at the waist and touch the ball, weight, or just your hands to the floor on one side, then turn and touch the floor on the other side

Reps:		
Beginning	Intermediate	Advance
10	20	30

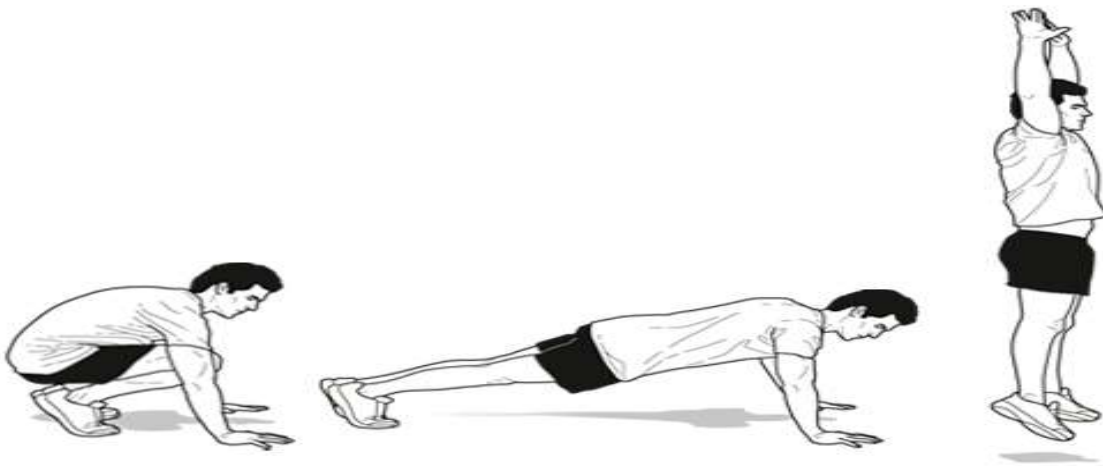
PUSH UPS



Start in an up position: shoulders under wrists, core tucked and tight and legs out nice and straight. All your toes should be on the ground and your heels should be pushing back.

Reps:		
Beginning	Intermediate	Advance
10	20	30

Burpees



1. Begin in a squat position with hands on the floor in front of you.
2. Kick your feet back to a pushup position
3. Immediately return your feet to the squat position.
4. Leap up as high as possible from the squat position.

Reps:

Beginning

Intermediate

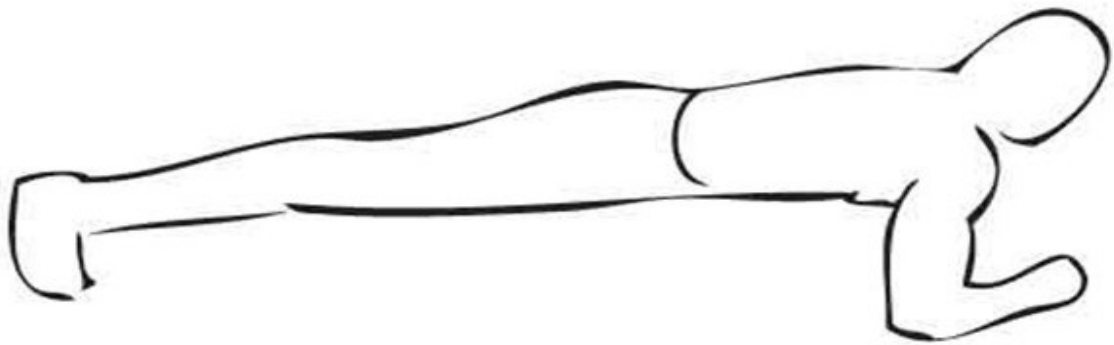
Advance

10

20

30

Planks



Start on elbows and knees, locking hands together. Straighten legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air.

Beginning

Intermediate

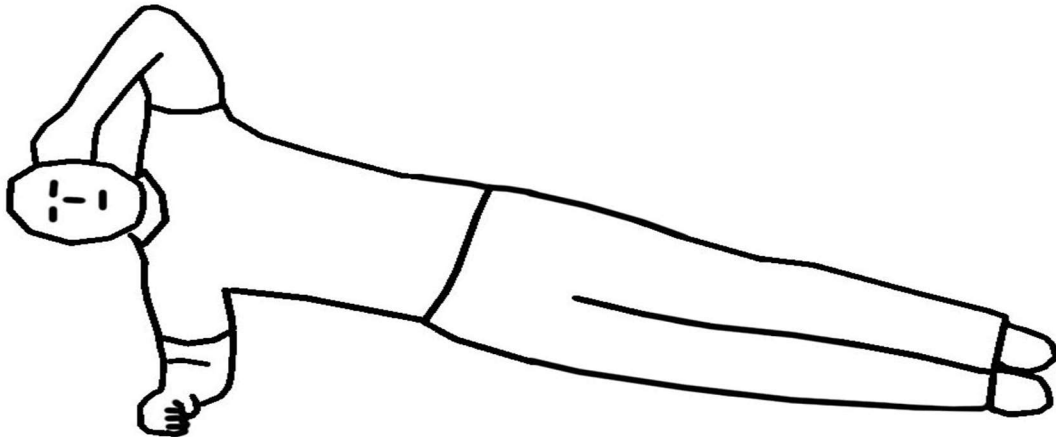
Advance

10 secs

30 secs

1 minute

Side Planks



Lie on the floor and rest on your right side by leaning on your forearm. Your right elbow should be directly under the shoulder.

Now stack your feet and lift your hips off the ground so far that your body forms a straight line from your shoulders to your feet. Hold the posture by tightening your abs.

Beginning

Intermediate

Advance

10 secs

30 secs

1 minute

Long Jumps



1. Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.
2. Jump and launch yourself forward. Swing your arms back and use the momentum.
3. Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.

Reps:

Beginning
10

Intermediate
20

Advance
30

Running in Place



1. Regular running stance, run in place.

Beginning

Intermediate

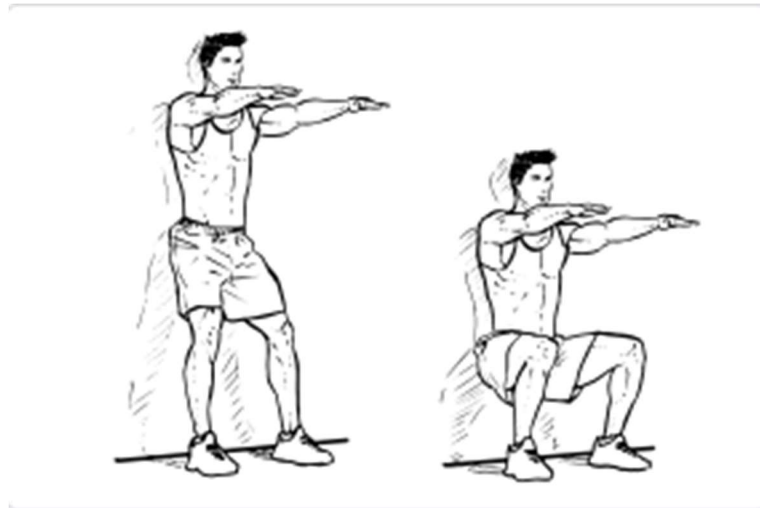
Advance

1min

2min

3 min

Wall Sits



1. Put back in the wall in a seated position
2. Hold that position with are out.

Seconds- do 3 times:

Beginning

Intermediate

Advance

30 secs

45 secs

1 min

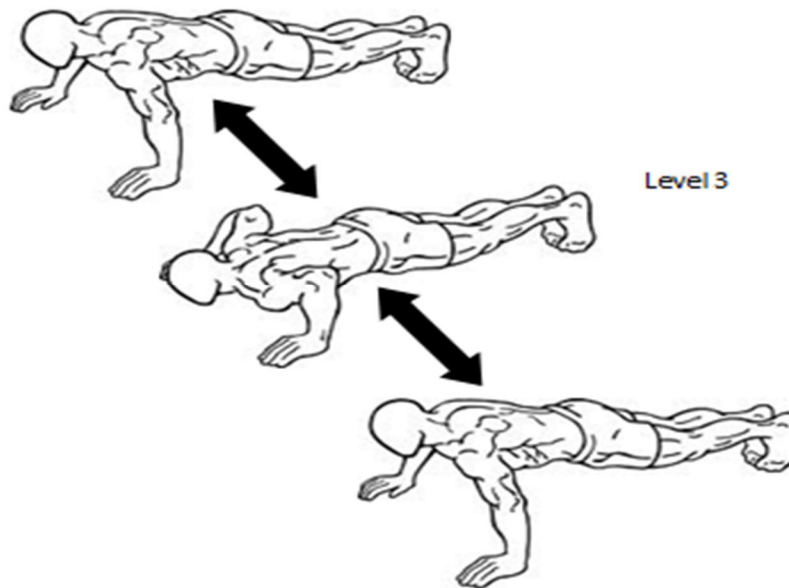
LEG Curls



Curl your legs and bring them to your chest.

Reps:		
Beginning	Intermediate	Advance
10	20	30

Lateral Push Up Crawl



1. Get in a push up Position
2. Using arms and legs to move to the right, then move to the left

Reps: Right then Left

Beginning

Intermediate

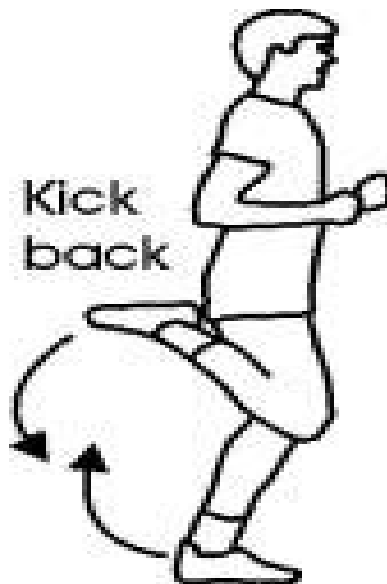
Advance

5

10

15

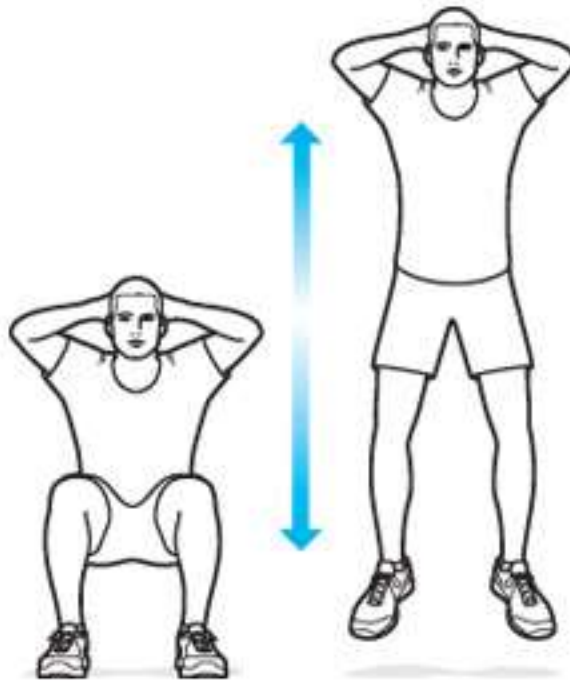
Back Kickers



1. Run in place and kick the back in fast pace

Reps:		
Beginning	Intermediate	Advance
30 sec	45 secs	1 min

Squat Jumps



1. Get in a squat position and jump up.

Reps:		
Beginning	Intermediate	Advance
5	10	15

