

WEEK ONE: MONDAY

TOTAL BODY

CIRCUIT ONE

2 SETS
8 MINUTES

Balance Touch - Single Leg

10 REPS
PER SIDE



Push Up

15 REPS



Tricep Kickback

15 REPS



Lunge Twist

10 REPS
PER SIDE



CIRCUIT TWO

2 SETS
8 MINUTES

Slide Skater

10 REPS
PER SIDE



Alternating Shoulder Raise

20 REPS



Single Leg Bicep Curl

10 REPS
PER SIDE



Reverse Lunge

10 REPS
PER SIDE



COOL DOWN: Stretching Guide

WEEK ONE: TUESDAY - Cardio Endurance (30-45 min)