



Warm Up – 2x through

Exercises	Timing
Torso Twists	30 seconds
Plank Walk Out	45 seconds
Plank Walk Out w/ Press Up	45 seconds
Burpees	30 seconds
Static/ Jumping Squat	20 seconds

Main Component – 15 minutes

PER EXERCISE: 1 minute, 2 sets = 20 seconds on, 10 seconds off

Repeat 2-3 times

Exercises	Repetitions to complete in 20 seconds
Walking Lunges w/ Pulse	12 reps
Mountain Climbers	15 reps
Wall Sit	N/A – hold for full 20 secs
Suicide Plank	10 reps
Squats	15 reps

Stretches

Exercise	Timing
Seated Hamstring Stretch, Flex Feet	45 seconds
Wide Leg Seated Adductor Stretch, Flex Feet	45 seconds
Flat Back Standing Glute Stretch, Reach Arms Forward	45 seconds
Standing Side Bend, Arm Over Head	45 seconds each side
Standing Chest Stretch, Clasp Hands Behind Back	45 seconds each side