

## Full Body

Supersets – 4 sets of 20 reps

### **Superset 1.**

Squats - Stand facing forward with your chest up. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you. Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round. Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels. Keep your body tight and push through your heels to bring yourself back to the starting position.



Froggers - Begin in a high plank position with your hands underneath your shoulders, body in one straight line. Jump your feet to the outside of your hands, coming into a deep squat and keeping your hands on the floor. Jump your feet back to a high plank. To modify, walk the feet in one at a time and walk back out. Complete 10 reps with the left leading, 10 with the right.



### **Superset 2.**

Curtsy lunge - Start from standing and step your left leg behind you and to the right so your thighs cross, bending both knees as if you were curtsying. Make sure your front knee is aligned with your front ankle. Return to standing, and switch sides to complete one rep.



Bear crawl shoulder tap - Start in tabletop position, your wrists under your shoulders and your neck aligned with your spine and raise your hips slightly to lift your knees off the floor. Keeping your core tight and hips level, lift your left hand up to touch your right shoulder. Reverse the movement to return to start, then repeat on the other side.



### Superset 3.

Superman overhead press - Lie face down on the floor, chest lifted, and hold a towel taut between your hands in front of your shoulders, elbows bent. Press the towel away from you until your arms are straight. Return to start.



Triceps pushups - Get into a plank position with your hands directly below shoulders, your neck and spine neutral, and your feet together. On the descent, keep your elbows pinned to your sides and your upper arms straight back. Lower down until your chest reaches the floor and return to start. Go down of your knees if needed.



### Cardio

Burpees - Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet.

Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.

Go all the way down to the floor to a push up, and push yourself back to a high plank position.

Jump your feet forward so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.

