



BODY BLAST

Complete 45 sec. of each exercise; with minimal rest.

Rest 1-2 min. between sets.

Complete 3 sets.

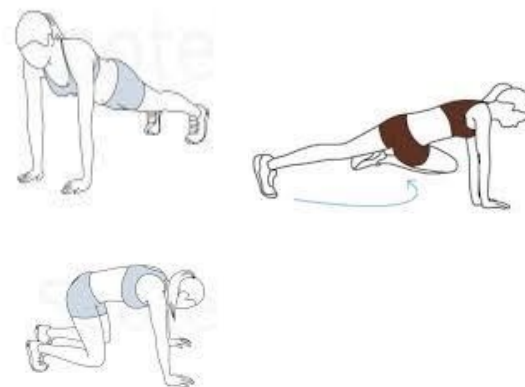
In / Out Running Squat:

Complete 4 counts of running on the spot then drop down into a squat (touching the floor if able).



Knee-Elbow Plank into "loaded frog":

Starting in a tall plank position (hands and toes), bring right knee to left elbow, tall plank, left knee to right elbow, tall plank, push your body back so your bum moves towards your heels arms outstretched into a "bear", back to tall plank and repeat



Push-up Inchworm:

Starting in a tall plank position (hands just slightly wider than shoulders) complete a push-up and return to tall plank. Slowly walk your hands back towards your feet (into downward dog) and complete a "shoulder" push up. Walk your hands forward into tall plank position and repeat.



Side Shuffle Touchdown:

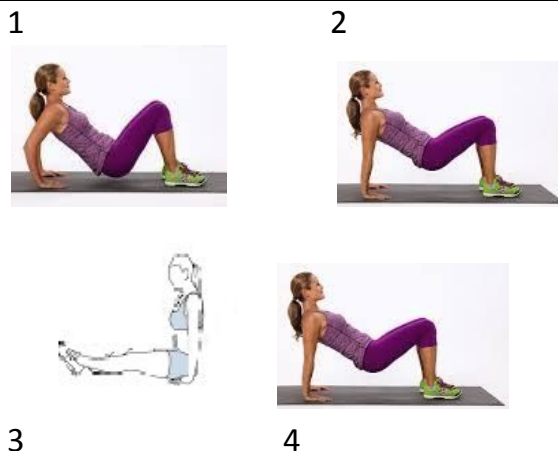
Shuffle step to the side, touching down, shuffle back in opposite direction, touching down.



Dip-Bridge-SwingThrough:

In a semi-table top bridge, complete a tricep dip, with shoulders braced swing your bottom down through your hands (keeping your bottom elevated off the floor), extend your hips back up into a semi-table top bridge. Repeat.

**placing your hands on books to slightly elevate you from the floor may be helpful (especially for those with long arms / shorter torsos) to swing through without resting your bottom on the floor.



Superman – Cactus Arms:

Laying on your stomach with your arms outstretched overhead, lift legs and arms up off the floor. Pull elbows back towards your sides, squeezing the shoulder blades down and back. Return to start position.

