

Cardio Blast 1

	Exercise	Time
Warm-up	Kneeling Wall Walks	30 sec
	Wall Hip Raises	30 sec
	Wall Single Hip Raises	30 sec
	Decline Wall Walks	30 sec
Circuit 1	Hallelujahs	5
Perform 3 Times	Jumping Jacks	10
	Chair to Frog	5
	Jumping Jacks	10
	Alternating Forward Lunge	5
	Jumping Jacks	10
Circuit 2:	Burpees	5
Perform 3 Times	Tick-Tocks	10
	Right Side Lunge + Curtsy Squat	5
	Tick-Tocks	10
	Left Side Lunge + Curtsy Squat	5
	Tick-Tocks	10
Circuit 3:	Plank-Stand Heel Clicks	5
Perform 3 Times	Butt Kicks	10
	Bear Crawls	5
	Butt Kicks	10
	Whips Right	5
	Butt Kicks	10
	Whips Left	5
	Butt Kicks	10
Cool Down	R Standing Hamstring Stretch	20-30s
	R Standing Quad Stretch	20-30s
	R Standing Glute Stretch	20-30s
	L Standing Hamstring Stretch	20-30s
	L Standing Quad Stretch	20-30s
	L Standing Glute Stretch	20-30s