Cardio Blast 1

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 5 Jumping Jacks 10 10 Alternating Forward Lunge 5 10 Alternating Forward Lunge 5 10 Jumping Jacks 10 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 <		Eversion	Time
Wall Hip Raises 30 sec Wall Single Hip Raises 30 sec Decline Wall Walks 30 sec Decline Wall Walks 30 sec Circuit 1 Hallelujahs 5 Perform 3 Times Jumping Jacks 10 Chair to Frog 5 5 Jumping Jacks 10 10 Alternating Forward Lunge 5 10 Alternating Forward Lunge 5 10 Jumping Jacks 10 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 5 Butt Kicks 10 Whips Right 5 Butt Kicks 10 Whips Left 5		Exercise	Time
Wall Single Hip Raises 30 sec	Warm-up	Kneeling Wall Walks	30 sec
Decline Wall Walks 30 sec		Wall Hip Raises	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 Glute Stretch 20-30s L Standing Hamstring Stretch 20-30s L Standing Quad Stretch 20-30s		Wall Single Hip Raises	30 sec
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 Whips Left 5 Butt Kicks 10 Cool Down R Standing Hamstring Stretch 20-30s R Standing Glute Stretch 20-30s L Standing Hamstring Stretch 20-30s L Standing Quad Stretch 20-30s		Decline Wall Walks	30 sec
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Alternating Forward Lunge 5		Chair to Frog	5
Sumping Jacks 10		Jumping Jacks	10
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