

WARMUP

30 side squats

YOGA POSES

60 sec tree pose (L, R)

60 sec dancer's pose (L, R)

60 sec alternate dancer's pose

DUMBBELL

30 biceps curl

30 standing side raise

30 triceps kickback

30 upright row/deadlift

30 shoulder press

30 overhead triceps extension

30 standing deltoid fly

KETTLEBELL

30 alternating swing

60 Russian twist

MAT EXERCISES

120 sit-up

60 alternate toe-touch crunch

200 bicycle crunch

120 crunch

60 alternate toe-touch crunch

200 bicycle crunch

30 butt lift bridge

50 side leg raises (L, R)

100 mountain climber

30 knee push-up

30 alternate arm & leg raise

30 alternate side plank

30 scissor kick

2x 30 sec V-hold

plank

NOTES

