

Week 1 workout 2

30 SEC ON / 30 SEC OFF



Jump squat with touch down

- 30 SECONDS ON
- WEIGHT IN HEELS, TORSO UP
 - TOUCH DOWN WITH BOTH HANDS AT BOTTOM OF SQUAT, JUMP UP



High plank shoulder tap to toe tap

- 30 SECONDS ON
- GET INTO HIGH PLANK, TAP ALTERNATE SHOULDER, BRING HAND DOWN TO MAT, THEN BRING SAME HAND BACK TO ALTERNATE FOOT. THEN REPEAT ON OTHER SIDE.



Forward lunge with jump

30 SECONDS ON

LUNGE FORWARD, WEIGHT IN HEEL OF
FRONT FOOT.
WHILE IN LUNGE, JUMP UP
COME BACK AND REPEAT ON ALTERNATE
SIDE



3 point push- up

30 SECONDS ON

GET INTO YOUR KNEELING
PUSH-UP. WALK HANDS OUT TO
SIDES FOR PUSH-UP AND THEN
COME TO MIDDLE AND DO YOUR
PUSH-UP.



Jumping jacks

30 SECONDS ON-

FORM IS SIMPLE SO KEEP SPEED UP FOR
THIS ONE!

**This
workout is
30 sec on
30 sec off**

REPEAT 3-5X