WEEK 2 WORKOUT 2

THIS WORKOUT IS 30 SEC ON/20 SEC OFF

Repeat 3-5x

- Air squats
- Side plank (right side)
- Skiers
- Side plank (left side)
- No rope jump rope
- Knee hug crunches
Prisoner squat
- Weight in your heels
- Hands behind head
- Torso upright

Side plank
- Forearm or wrist
- Optional up/down repetitions
- Wrist under shoulder
- Engage your core
- Avoid hips sagging down
Skaters
- Jump into a curtsey lunge
- Optional touch down
- Keep weight in heel of our front foot
- Avoid banging back knee

Side plank
- Forearm or wrist
- Optional up/down repetitions
- Wrist under shoulder
- Engage your core
- Avoid hips sagging down
No rope-jump rope
- Pretend you're jumping rope!
- Keep up your speed

Knee hug crunches
- Bring knees in to chest and hug them