Body weight squats
Keep your weight in your heels
Torso upright
Hands behind head or on hips

Butt kicks
Keep up your speed!

Pushups
Feel free to do hands and toes
or hands and knees pushups
- do not sag your hips
Jumping jacks

Keep up that speed!

Side plank (R side)

- Don’t sag your hips
- Use your forearm if wrist hurts

Side plank (L side)

- Don’t sag your hips
- Go on forearm if wrist hurts

GREAT JOB!
repeat 3-5x through