Lunge back with kick forward (L side)

Plank with toe touch

Butt kicks

Lunge back with kick forward (R side)

Scissor kicks

Back lunge w/ kick forward

L side

30 SECONDS ON
- Weight in heel of front foot
- Torso upright
- Don’t bang back knee
- Power through your kick

Plank with toe touch

30 SECONDS ON
- Don’t let hips sink down
- Engage your core
- Wrists below shoulders

Butt kicks

30 SECONDS ON
- Keep up your speed
Back lunge w/ kick forward
R side
30 SECONDS ON
- Weight in heel of front foot
- Torso upright
- Don't bang back knee
- Power through your kick

Scissor kicks
30 SECONDS ON
- Use arms on side for stability or under you for more of a challenge
- The closer to the ground your legs are, the more challenging.

This workout is 30 sec on // 30 sec off
AND REPEAT 3-5 ROUNDS