**BODY WEIGHT/CALISTHENICS #2**

**WARM UP**
Easy side shuffles. Repeat series 10 times.
- 5 steps each direction
- 4 steps each direction
- 3 steps each direction
- 2 steps each direction

Easy forward and backward jog. Repeat series 10 times.
- 5 steps each direction
- 4 steps each direction
- 3 steps each direction
- 2 steps each direction

**BODY**
Repeat each interval three times before starting the next
- 1 minute mountain climbers, explode into forward motion sprint, 5-10 steps
- 1 minute renegade plank (alternate hands to forearms), explode into backward motion sprint, 5-10 steps
- 1 minute plank jacks, explode into right motion sprint, 5-10 steps
- 1 minute combo plank series (repeat 5 mountain climbers, 5 renegade planks, 5 plank jacks until minute is complete), explode into left motion sprint, 5-10 steps

**COOL DOWN**
Repeat warm up 5 times instead of 10
Static stretching. 15-30 seconds per stretch: shoulders, triceps, hip flexors, inner/outer thighs