

### WARM UP:

Complete this warmup circuit twice, resting for 30 seconds between each.



### Y-SQUAT (10 REPS)

Stand with your feet just wider than your shoulders and raise your arms overhead in a Y position. Bringing your shoulder blades down and together, start the movement at your hips (not your knees) and squat down as if you were sitting down. Squat as deeply as possible without allowing your chest to collapse or your lower back to round. Return to standing, pushing yourself up with your glutes, hamstrings, and quads and keeping your arms in the Y position. That's 1 rep.



### PUSHUP (10 REPS)

Assume the classic pushup position, with your legs straight and your hands beneath your shoulders. Bracing your abs and keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended. If floor pushups are too hard to start, elevate your hands or try wall pushups.



### STICKUP (10 REPS)

Stand with your head, shoulders, back, and butt against a wall and your feet shoulder-width apart, about six inches from the wall. Raise your arms toward the ceiling so they're in a "stick-'em-up" position, palms facing forward. Sliding your arms down the wall, bend your elbows until they touch your sides. The slower you do this move, the more intense it'll be. You should feel a strong contraction in the muscles between your shoulder blades. Slowly slide your arms back up and return to start. That's 1 rep.



### MOUNTAIN CLIMBER (5 REPS EACH SIDE)

Get in plank position with your hands directly below your shoulders and your feet together. Draw your left knee toward your chest, then extend your leg back to start. Repeat with your right leg, moving quickly while switching legs. That's 1 rep.



### **FORWARD LUNGE (5 REPS EACH LEG)**

Take a large step forward with your left leg. When your left thigh is parallel to the floor and your back knee is bent 90 degrees, hold for one second. Then return to start and repeat with your right leg.



### **WAITER'S BOW (10 REPS)**

Stand with your feet shoulder-width apart, knees slightly bent. Place your right hand flat against the front of your left shoulder. Push your hips back and lower your chest toward the floor. (You'll look like a waiter presenting a menu.) Stop when your chest is almost parallel to the floor. Squeeze your glutes and hamstrings to return to start. That's 1 rep.



### **SPIDERMAN CLIMB (5 REPS EACH SIDE)**

Assume the classic pushup position. Keeping your abs braced and your body in a straight line, bring your left knee toward your left elbow. Straighten your left leg back to the starting position; repeat with your right leg. That's 1 rep.

## **CIRCUIT:**

Perform the following seven exercises one after next without resting. Rest 2 minutes and repeat if possible.

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### **PRISONER SQUATS (20)**

Stand with your hands behind your head, your chest out, and your elbows back. Sit back at your hips and bend your knees to lower your body as far as possible without losing the natural arch of your spine. Squeeze your glutes and push yourself back up to the starting position.



### **PUSHUPS (10)**

Assume the classic pushup position, with your legs straight and your hands beneath your shoulders. Bracing your abs and keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended. If floor pushups are too hard, elevate your hands or try wall pushups.



### **JUMPS (10)**

Bend at the hips and knees and then explode up, landing softly. That's 1 rep.



### **STABILITY BALL ROLL-OUTS (10)**

Kneel in front of a stability ball and place your hands on top of it, shoulder-width apart, arms bent with the point of contact near your wrists. Rolling the ball out in front of you, keep your core tight and let your arms and abs support you as you lower your core toward the floor. Keeping back flat, stop just before your chest reaches the ball. Keep your hips low and pull the ball back toward your body from your core. Repeat.



### **STEP-UPS (20 - 10 EACH LEG)**

Step your right foot onto a step or bench and push down through your right heel, then lift your left knee up to 90 degrees until you're standing tall on your right foot. Immediately step your left foot backward onto the floor. Return to the starting position and repeat on the other side, moving swiftly through the exercise.



### **STABILITY BALL LEG CURLS (10)**

Lie on the floor with your calves on a Swiss ball and your arms at your sides. Squeeze your glutes to raise your hips off the floor so your body is in a straight line from your shoulders to your ankles. Pause for one second and then bend your legs to roll the ball toward your butt, keeping your hips up. Straighten your legs to roll the ball back to start, then lower your body to the floor. Repeat.



### **MOUNTAIN CLIMBERS (20)**

Get in plank position with your hands directly below your shoulders and your feet together. Draw your left knee toward your chest, then extend your leg back to start. Repeat with your right leg, moving quickly while switching legs. That's 1 rep.