

Equipment: BW Level: B

Warm-Up	Warm-Up Activity	Sets	Reps	Rest Int	
	<a href="#">Jumping Jacks</a>	4 Circuits	20	No Rest	
	<a href="#">Squat w/Front Kick</a>		10/Leg		
	<a href="#">Butt Kicks</a>		20/Leg		
Circuit Workout	Exercise	Sets	Reps	Rest Int	Notes
	<a href="#">Low Jump Squat</a>	3 - 5	15 to 20	30-60	
	<a href="#">Push Up with Rotation</a>	supersets	15 to 20	seconds	
	<a href="#">Mountain Climbers</a>	3 - 5	30sec	30-60	
	<a href="#">Low Hurdle Lateral Hop</a>	supersets	30sec	seconds	Can use a handbag or pillow to step over
	<a href="#">High Knees</a>	3 - 5	30sec	30-60	
	<a href="#">Bridge Walk Outs</a>	supersets	30sec	seconds	
	<a href="#">Tricep Push Ups</a>	3 - 5	12 to 15	30-60	Use Chair or edge of another platform to perform
	<a href="#">Sumo to Hack Squat Combo</a>	supersets	30sec	seconds	
	<a href="#">BW Squat w/ Front Kick</a>	3 - 5	30sec	30-60	
	<a href="#">Stationary Lateral Lunge</a>	supersets	30sec	seconds	
	<a href="#">Plank w/ Lower Body Twist</a>	3 - 5	30sec	30-60	
	<a href="#">Superman HOLD</a>	supersets	30sec	seconds	
Stretching	Stretch	Sets	Duration	Rest Int	
	<a href="#">Piriformis Stretch</a>	3/leg	20s	N/A	
	<a href="#">Seated Hamstring Stretch</a>	3	20s	N/A	
	<a href="#">Internal R/C Stretch</a>	2/arm	20s	N/A	

**Notes:**

- 1) Perform a warm-up BEFORE and stretching AFTER each workout.
- 2) Perform all movements in the order they appear.
- 3) All movements are meant to be performed in "superset" fashion. Perform both movements in the superset, then take the prescribed rest.
- 4) Perform a minimum of 3, and a maximum of 5 supersets.
- 5) Attempt to achieve the high-end of the rep/time range whenever possible (while maintaining good technique).
- 6) Rest 30-60 seconds between supersets.
- 7) Perform ALL supersets in a pairing before moving to the next pair of super-setted exercises.
- 8) Exercises should be performed as quickly as possible, maintaining proper technique.
- 9) If resistance (other than body weight) is used for a given exercise, select a weight that allows you to move through the range of motion quickly with good technique. When this resistance is no longer a challenge, increase the weight to the next increment.