

Week 4 Day 3 Core Focus (Butt & Legs Minor)

5 Min Warm-up

Ab Circuit (repeat 2x)

1 Minute Plank
15 Full Body Fly's
10 ½ Burpees with pushups
20 Full Leg Lifts
20 Flutter Kicks
20 Knees to Chest
10 On all 4's Heels to sky (Each leg)
20 Prone Leg Lifts

Sprint/ Backpedal 50-50-50-50-50 yards

Ab Circuit 2 (Repeat 1x)

15 Crunches with Feet Up
15 Reverse Crunches (Just Feet)
10 Plank to Palms (5 Each hand)
10 ½ Burpees
20 Mountain Climbers
40 Jumping Jacks
20 Prone Leg Lifts

Sprint/ Backpedal 50-50-50-50-40-30

Ab Circuit 3

30sec Flutter Kicks
30sec Knees to Chest
20 Oblique Crunches (each side)
10 Hip Touches (each Side)
20 Bicycle Crunches
10 Hip Touches (each side)
15 ½ jacks
10 Burpees
10 Mountain Climbers
30sec Jump Squats
20sec Jumping Jacks
30sec Lateral Line Jumps