

Week 2 Day 3
Core & Legs

5 Minute Warmup
1 Large Group

Workout 1 (2 rounds) 35 sec each 10sec rest
Plank Position Single Leg Lifts (Lower Back and Butt) each side
Dive Bomber Pushups
Pike Position
Spider Man Mountain Climbers
Side Plank Hip Touches
50 jumping jacks
1 lap (jog straights high knees ½ of curve ½ lunges)

Water Break 2minutes**

Workout 2 (2 rounds) 30 sec each 15sec rest
4 Point hop's
Jump Squats
Bodyweight Squats to calves
Long Jump Burpies (1 forward 2 back)
Pushup Lateral Shuffle (5 yards left 5 yards right)
Bear Crawls (10 yards forward 10 yards back)
Reverse Lunges into Long Jump Forward
Mountain Climbers
½ Burpies

Water Break 2minutes**

Finishing up core

Workout 3 (2 rounds) 40 sec each 15sec rest
In & Out Legs
Bicycles
Hip Pop Ups into rev crunches
Leg Lifts
Feet Up Crunches
Rev Crunches
Side Crunches (each side)