

Day One - Total Body

Exercise	How To	Image
<p>Side Step Rows</p> <p>40 sec on 20 sec active rest</p>	<p>Start with your hands out in front of you with your feet shoulder-width apart Put your weight on your right leg while bringing your left leg back behind you into a lunge position Pull your elbows back behind you as if you are rowing Return to starting position and repeat on left side</p> <p><u>Higher Intensity:</u> Perform skater lunges by jumping side-to-side while still doing the row motion with your arms</p>	
<p>Up-Downs (Modified Burpees)</p> <p>40 sec on 20 sec active rest</p>	<p>From a standing position, squat down and touch the floor Kick your right leg back behind you, followed by your left (now you're in a tall plank position) Return your feet back up to your hands Return to a standing position</p> <p><u>Higher Intensity:</u> Full Burpees - Jump both feet back and then forward again at the same time (optional -perform a push up from the tall plank position)</p>	
<p>Side Steps with Arm Swings</p> <p>40 sec on 20 sec active rest</p>	<p>Get down into a quarter-squat position with your arms bent at the elbows and extended back behind you Side step to the left and bring both hands together in front of you (elbows still bent) Bring your right foot to your left while pulling your elbows back behind you again Perform 2-3 reps to the left then 2-3 reps to the right</p> <p><u>Higher Intensity:</u> Increase speed Perform skater lunges by jumping from side to side</p>	



<p>Standing Oblique Crunch</p> <p><i>40 sec on</i> <i>20 sec active rest</i></p>	<p>Start with your feet hip-width apart, right arm over your head Lift your right knee out to the side and up while bringing your right elbow down towards your knee Return to starting position Repeat 3x on the right and then 3x on the left</p> <p><u>Higher Intensity:</u> Increase speed Perform 5 reps on the right and then 5 reps on the left</p>	
<p>Squat Reverse Row and Reach</p> <p><i>40 sec on</i> <i>20 sec active rest</i></p>	<p>Stand with feet shoulder-width apart Drop into a squat and pull your bent arms back behind you Return to the starting position Drop down into a squat again, but now reach both arms up over your head and pull them towards the ceiling Alternate rowing and overhead reaches</p> <p><u>Higher Intensity:</u> Increase speed Hold small dumbbells for resistance</p>	
<p>High Knee Pulls</p> <p><i>40 sec on</i> <i>20 sec active rest</i></p>	<p>Start with feet shoulder-width apart and both arms overhead Raise one knee up to hip height while bringing both hands down to outside of knee Return to starting position and repeat Perform 5 on the left and then 5 on the right. Repeat</p> <p><u>Higher Intensity:</u> Increase speed</p>	

Rest for 1-2 minutes and then repeat 2 more times!

View the video here: https://youtu.be/WiEXoF_iSMU