







For a full workout, do each circuit below 2x, then    Break it up or do fewer as needed!

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| <p>1   30 Alternating Side Steps w/ Resistance Band Sub 30 side leg lifts on each side</p> | <p>2  20 Balance on one leg and Bicep Curl Sub hand weights or do one minute single leg balance with snow angel arms.</p> | Switch sides! |
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| <p>3   15 "I'm a little teapot" overhead press Sub Side plank hip dips</p> | <p>4  12 Twisting lunges with Newspaper Openers Do the same movement without the band if no equipment</p> | Switch sides! |
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| <p>1  10 Plank Bird Dog - hold 3 seconds - alternating 5x per side.</p> | <p>2 10 Push ups</p> |
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| <p>3 10 Downward Dog push ups</p> | <p>4 10 Push Ups</p> | <p>5 10 Downward Dog Push ups</p> |
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| <p>1 15 Butt lifts</p> | <p>2 10 Pilates Bicycles (10 on each side so 20 all together)</p> |
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| <p>3 10 Diamond Leg Lifts (add butt lift) 10 Knees together feet apart 10 Leg Lifts</p> | <p>4 10 Side to side knee drops (10 on each side so 20 all together)</p> |
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Complete each circuit 1-3x

BOOM!

Stretch, hydrate, and get on with your day!