






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

1  

### 12 Single Leg Squat w/ OH Press

To modify, skip the weights.

 Repeat on other leg

2  

### 10 Single Leg Balance w/ Bicep Curl & OH Press

 Repeat on other leg

3

### 10 Jumping Lunges in Plank Position

 Repeat exercises 3 & 4

4

### 10 Push Ups

1

### 30 Butt Lifts

2

### 20 Pilates Bicycles

4

### 20 Diamond Leg Lifts

3

### 20 Russian Twists