

Cardio Blast

Inchworm X 1
Walking Plank Opener X 4
Frog Walk X 4
Frog Squat X 4
Frog Squat w/Plank Walk X 2

Childs Pose

3 Blocks of work, **B1** complete entire sequence, **B2** start with Frog Walk to completion, **B3** start with Frog Squat to completion- hold child's pose for 32 count between each block

Core Challenge

Sideways Scissors X 8
Pilates Hundreds Series 64 count
Roll-ups X 12

Repeat 3 times.

Regression on 100's series- keep knees bent entire time, **Progression** add resistance bands

Regression on roll-ups use handles to anchor feet, **Progression** add weighted ball toss at top of roll-up (*not shown in video*)

Glute Challenge

Fire Hydrant X 16 R/L
Toe Tap Lift t X 16 R/L
Transition to back
Bridge Lift X 8
Straight Leg Bridge Lift X 16 R/L
Bridge Lift X 8

Complete fire hydrant and toe taps on the right side then transition to the left.
Straight leg bridge lifts are quick pulsing lifts

Squat/Cardio

Single Squats X 8
Heel Lift Squats X 8 R/L
Single Squats X 8
Pulsing Squats X 16
Rock-the-Board 30/45/60 secs

Complete squat series as **B1**, **B2** RTB- 30 seconds on rest 15 seconds or squat, **B3** 45 seconds on rest or squat 15 seconds, **B4** 60 seconds on.