

Exercise List

CARDIO

High Knees
Jumping Jacks
Cross Jacks
Tuck Jump
Butt Kicks
Jump Rope
Side to Side Jump
Hi/Lo Plank
High Kicks
Heel Clicks
Hit the Floor
Heisman
Dance

ARMS

Superman Lat pull-down
Burpee
Circles
Push Ups
Tricep Dips
Punches
Plank shoulder taps
Planks
Low Planks
Down dog push up

LEGS

Air Squat
Plie Squat
Knees Together Squat
Sumo Squat
Jump Squat
T Squat
Step Up
Lunge
Lunge Squat
Curtsy Jump/Lunge
Calf Jump
Plie Squat to Calf Raise
Bowler Lunge
Skaters

Sample Block

5 WORK 4 REST

Cardio
Legs
Abs
Cardio
Back or Arms

ABS

Crunch
Bicycle Crunch
Reverse Crunch
In & Out
V-up
Dead bug
Heel touch
Leg lift
Mountain Climber
Oblique climber
Russian Twist
Flutter kicks
Sit ups
Plank Knee tuck
Standing knee to elbow

BACK

Superman
Superman swim
Rocket man
Lean back crunch
Superman heel taps
Low back lifts
Plank leg raises

*This is not exhaustive. It is tailored to me.
Add to it, change it up, make it yours!

