



# **WORK FOR IT!**

**HIIT Beginner workout**  
**40 seconds each exercise, 20 seconds recovery**  
***Repeat 3x. Perform 2x per week***

High Knees

Push-ups

Lunges

Jumping Jacks

Mountain Climbers

Squats

Plank



# **BASIC AB WORKOUT**

**3 sets of 20x each exercise**  
*Perform 3-4x per week*

Bicycle Crunches  
Right Oblique Crunch  
Left Oblique Crunch  
Reverse Crunch

# Lean Legs & Tight Cheeks

**Strength workout with no equipment needed**  
*Perform 2x per week*

<u><b>Legs 1</b></u>	<u><b>Legs 2</b></u>	<u><b>Cheeks</b></u>
<p>Low Squats <b>x10</b></p> <p>Jump Squats <b>x15</b></p> <p>Sumo Squats <b>x10</b></p> <p>Sumo Jump Squats <b>x15</b></p>	<p>Right Reverse Lunge <b>x10</b></p> <p>Right Lunge Pulse <b>x15</b></p> <p>Left Reverse Lunge <b>x10</b></p> <p>Left Lunge Pulse <b>x15</b></p>	<p>Donkey Kick, Doggie Hydrant Combo <b>x25/side</b></p>
<p>Perform 3 times before moving to →</p>	<p>Perform 3 times before moving to →</p>	<p>Perform 1 time</p>