# Upper Body Blast

| Circuit | Exercise | Time | Dynamic Component |
|---|---|---|---|
| 1 | Hindu Puship | 1 Min | Dynamic Flexibility |
| | Step Over Windmills | 1 Min | Balance |
| | Table Tops | 1 Min | Dynamic Flexibility |
| | Squat Thrusts | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 2 | Side to Side Bearwalks | 1 Min | Traditional Strength |
| | Reachbacks | 1 Min | Dynamic Flexibility |
| | Break Dancers | 1 Min | Traditional Strength |
| | Ice Skaters | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 3 | Crabwalks (for/back) | 1 Min | Traditional Strength |
| | (Plank) GI Janes | 1 Min | Core Development |
| | Reverse Planks | 1 Min | Dynamic Flexibility |
| | Mountain Climbers | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 4 | (Alt) Crouching Ceiling Kicks | 1 Min | Traditional Strength |
| | Primal Rolls | 1 Min | Dynamic Flexibility |
| | Reach Through Windmills | 30 Sec each arm | Core Development |
| | Skiers (on/off) Mat | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |

# Core Shredder

| Circuit | Exercise | Time | Dynamic Component |
|---|---|---|---|
| 1 | Jacknife Crunch | 1 Min | Dynamic Flexibility |
| | 1 Arm Get Ups | 30 Sec each arm | Traditional Strength |
| | (Bridge) Side/Side Over Mat | 1 Min | Core Development |
| | Hopscotch (on/off) Mat | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 2 | Cheerleader Crunches | 1 Min | Core Development |
| | Supermans (Knees) | 1 Min | Core Development |
| | Bicycles | 1 Min | Core Development |
| | Hop Scotch Planks | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 3 | Sea Saws | 1 Min | Core Development |
| | Prone Cobra (Static) 10 Count | 1 Min | Core Development |
| | (Bridge) GI Janes | 1 Min | Traditional Strength |
| | Ice Skaters | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 4 | Side Plank Step Overs | 30 Sec each side | Balance |
| | Low Back Jumping Jacks | 1 Min | Core Development |
| | Single Arm Oblique Kicks | 30 Sec each side | Balance |
| | (Plank) Jumping the Mat | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |

# Leg Rocker

| Circuit | Exercise | Time | Dynamic Component |
|---|---|---|---|
| 1 | Side Lunges (touch) | 1 Min | Dynamic Flexibility |
| | (Alt) Backward Lunges | 1 Min | Balance |
| | Butt Bridge (30 Sec) x2 | 1 Min | Dynamic Flexibility |
| | Skiers on Toes (on/off) Mat | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 2 | Single Leg Butt Blasters | 1 Min Each Leg | Traditional Strength |
| | Inchworms (For/Back) | 1 Min | Dynamic Flexibility |
| | Toe Squats | 1 Min | Traditional Strength |
| | Hopscotch on Toes (on/off) Mat | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 3 | Single Leg Donkey Kicks | 1 Min Each Leg | Traditional Strength |
| | Hamstring Walk Outs | 1 Min | Core Development |
| | Glute Knee Thrusts | 1 Min Each Leg | Dynamic Flexibility |
| | Hopscotch Squats | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |
| 4 | Single Leg Lunge Kicks | 1 Min Each Leg | Traditional Strength |
| | (Alt) Ceiling Kicks | 1 Min | Dynamic Flexibility |
| | (Alt) Crouching Glute Kicks | 30 Sec each arm | Core Development |
| | Frog Jumps or Ice Skaters | 1 Min | Aerobic Intensity |
| **Repeat 2x wk 1&2, 3x wk3&4** | | | |