



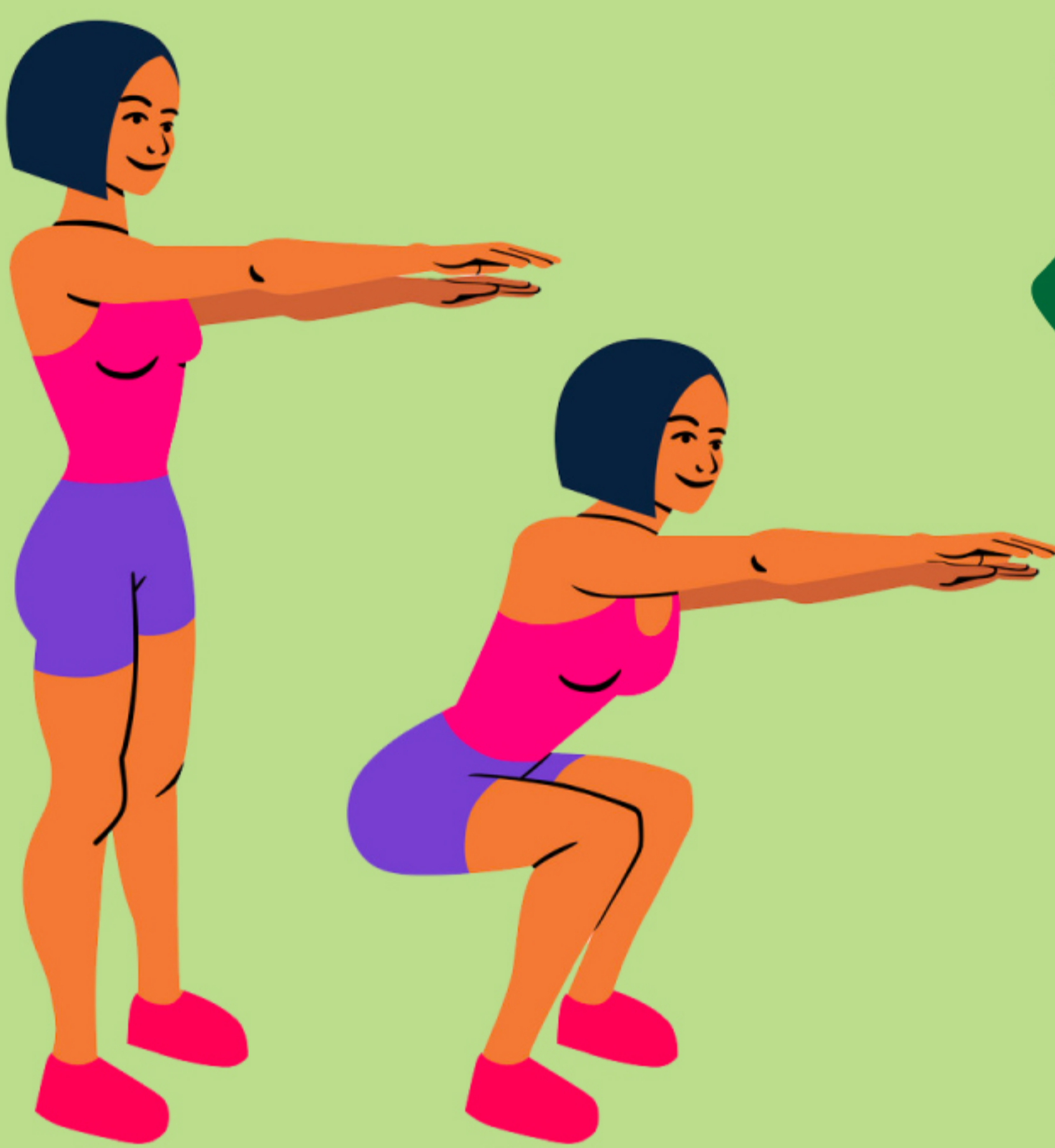
QUICK WORKOUTS FOR HOME

1 BURPEES - 30 SECS



- Bend over or squat down and place your hands on the floor in front of you, just outside of your feet.
- Jump both feet back so that you're now in plank position.
- Jump the feet back in toward the hands. Explosively jump into the air, reaching your arms straight overhead.

2 SQUATS - 30 SECS



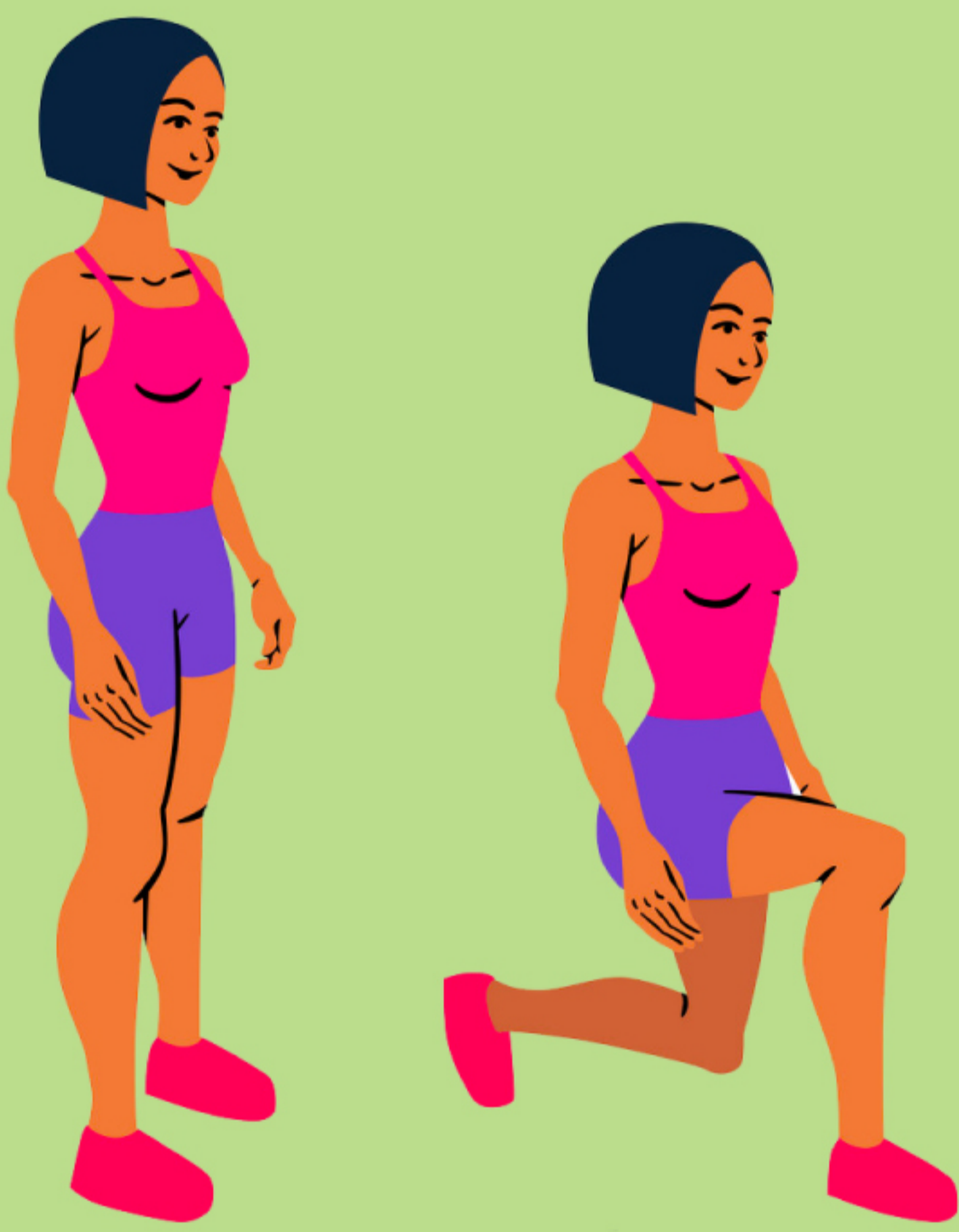
- Place your feet shoulder-width apart. Extend your hands straight out in front of you for balance.
- Sit back and down like you're sitting into an imaginary chair.
- Lower down so your thighs are as parallel to the floor, with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position.

3 JUMP SQUATS - 30 SECS



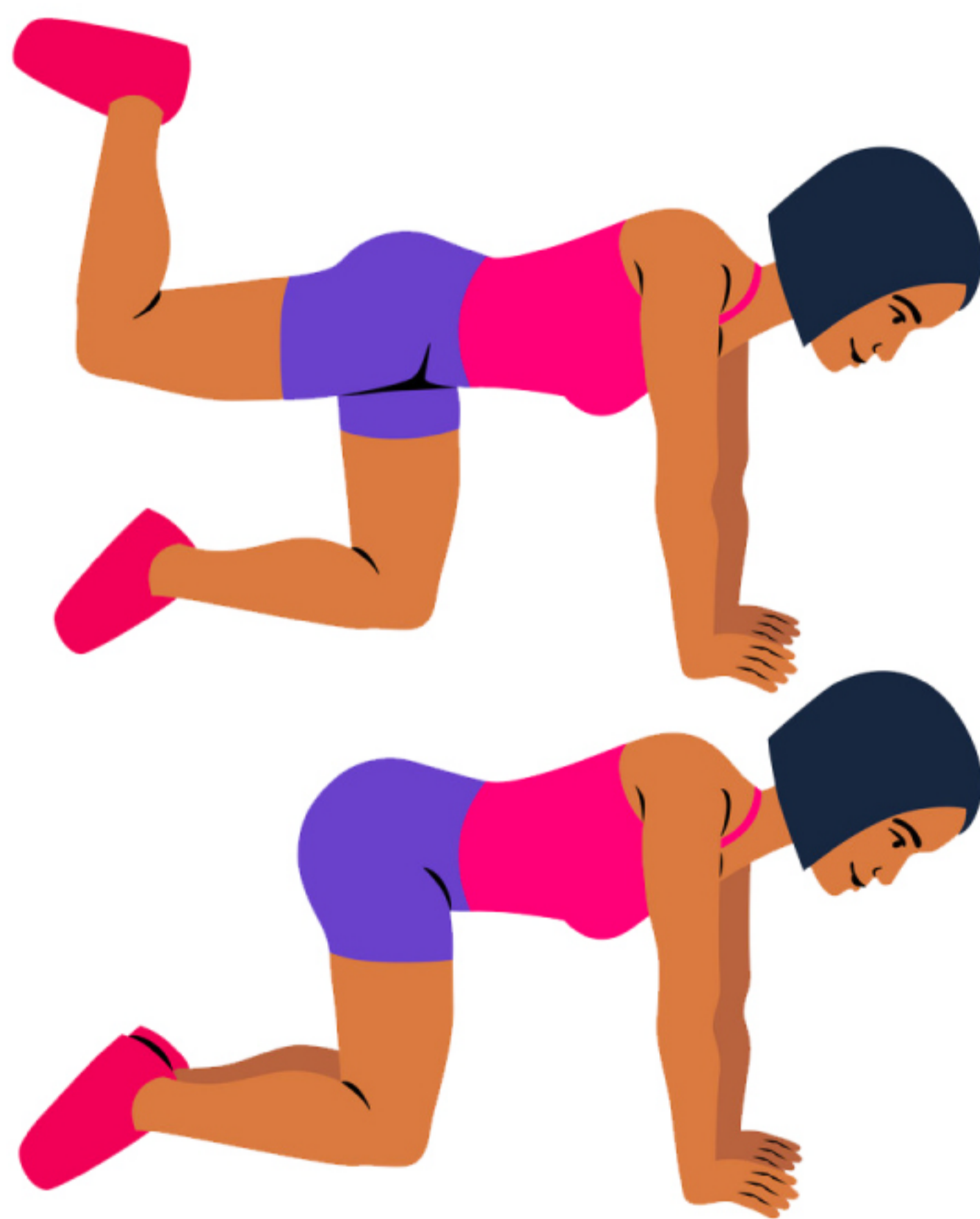
- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then engage your core and jump up explosively. When you land, lower your body back into the squat position to complete one rep.
- Land as quietly as possible, which requires control.

4 LUNGES - 30 SECS



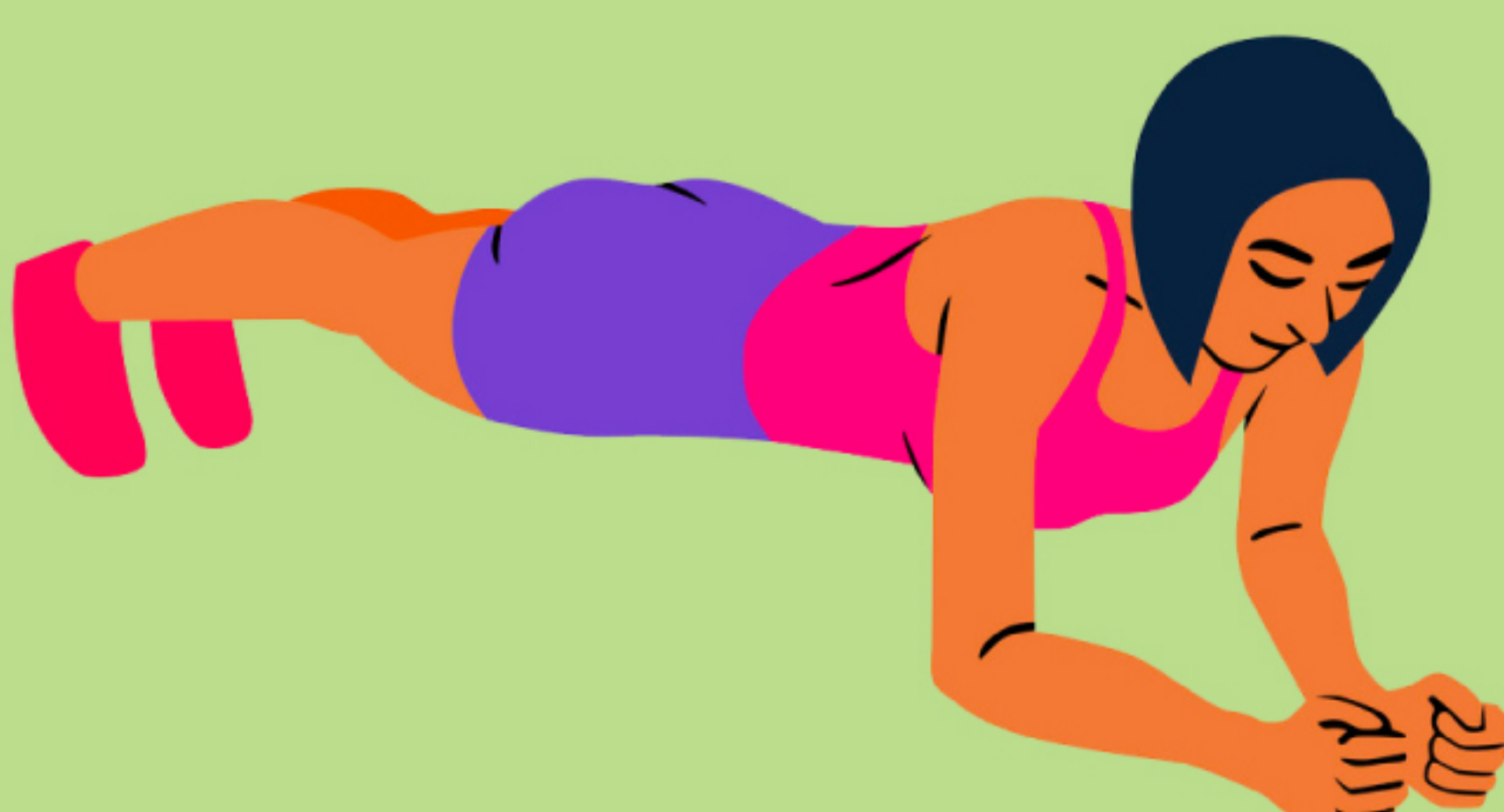
- Stand with your feet hip-width apart, keep your back straight, your shoulders back and your abs tight.
- Take a step forward and slowly bend both knees, until your back knee is just above the floor.
- Stand back up and repeat

5 KICK BACKS - 15 SECS



- Start in a low plank position with your body in a straight line, your elbows under your shoulders and your feet shoulder width apart.
- Bring your right knee close to your right elbow and crunch. Extend your right leg behind you and kick back.
- Lower your leg to starting position to complete 1 rep.

6 PLANK - 30 SECS



- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Squeeze your glutes and tighten your abdominals.
- Keep a neutral neck and spine. Create a straight, strong line from head to toes
- Hold that position.