

Cardio - Running



10 min

Begin with a 6 minute warm-up walk, and then commit the final 2 minutes to increasing the pace, just a little ;).

Bodyweight Walking Lunges



1:00
rest

30 reps

16 reps per leg, in your own time. Lunge walking looks great in the gym, it shows determination...

Bosu Ball Burpees



1:00
rest

2 sets 20 reps 45 sec rest

Bosu Ball Leg Pull-ins



20 reps

Bosu Ball Push-ups



20 sets ☒

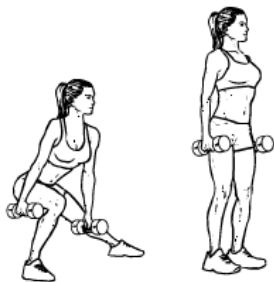
Take your time with this one! You got it!

Goblet Squats



20 reps 20 lbs

Dumbbell Lateral Lunges



20 reps

10 Each Side

Cardio - Walking



10 min

Incline 9+ , Speed 4+

Plank



3 sets 45 secs 30 sec rest