**Sept 21th 2013**

**Warm – up**

* + Arm Circles – small 20 / 20 big 20 /20
	+ High knees / Frankenstein Kicks
	+ It Band walk
	+ Twist Kicks
	+ Toe Touch
	+ Scorpions
	+ Leg twists - floor

\*Str. – 2 way lunge - med ball if too easy

Pwr - Bunny Hops – D/back

\*Stab. – Pike – Push up

**BODY BURN: Floor Jacks (Legs do the jacks)**

Stab –Downward Dog – leg up / Alt

Str. – Floor Plank with Band Row

Pwr – Band Skier

**BODY BURN: Prisoner squats with jump**

Stab: Spider Crawls

Str. –Tube Walking With Bicep Curl (Down and Back)

Pwr. – Bar, Band Tricep Extensions - Flip Grip

**BODY BURN: Burpee Sprint >>> Shuffle back**

Str : Butt – Fire Hydrant 30 sec / 30 sec

Stab: Wall Sits 30 / 30

Pwr. One foot hop – touch the floor – touch the ceiling (30 /30) - cross one foot squat

**BODY BURN:**

Abs

Side Plank with hand under over

Side Obliques

Flat Plank 30 Sec

Full Crunches 30 Sec

V Up to Toe Touch

Leg Lifts 30 Sec