

# Winter Wonder Circuit

30 seconds each exercise – 3 rounds each section

What you need:

Floor mat/Yoga mat or Towel

Water bottle

1 - **Frog Jumps** – touch floor between your feet

2 - **Push-ups** – on floor, or box

3 - **Alternating Lunge Jumps**

4 - **Seated Russian Twists** – feet off floor

1 - **Alternating Lateral/Side Lunges**

2 - **Front Plank Alternating side knee tucks**

3 - **Lying down Hip Thrusters** (both feet on floor, push hips up)

4 - **Butt in the air shoulder press**

1 - **Sumo squats** – wide feet, pulse at bottom half of squat

2 - **Mountain Climbers**

3 - **Side Plank Leg lifts** (15 seconds each side, lift top leg)

4 - **Burpees**