



## LEAPFROG

Works entire lower body and heart

Stand facing a 12- to 18-inch step. With your feet hip-width apart, bend slightly at your knees and jump up onto the step (A). Land quietly, letting your heels hit first and bending your knees as you land (B). Push off with your heels and jump back down, landing softly, heel to toe (C). Continue for one minute.

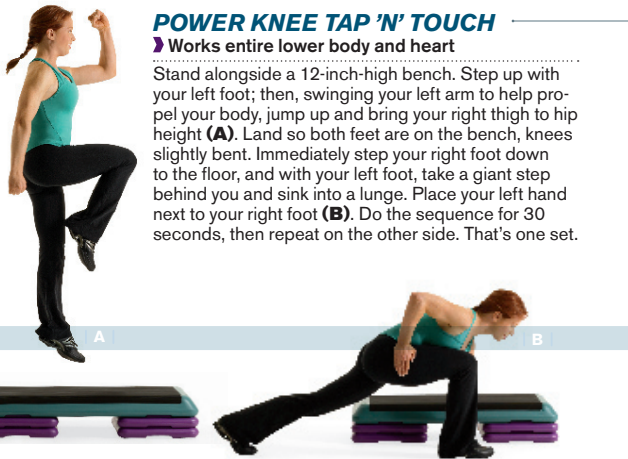


## BOSU BURPIE PUSHUP

Works chest and core

Place a Bosu on the floor, dome side down, and stand facing it. With your feet hip-width apart, squat, lean forward, and grab the sides of the Bosu (A). Jump your feet back into plank position and straighten your arms. Brace your abs and do a pushup (B). Jump back into a squat, then stand. That's one rep. Do 12 to 15.

**SUPERSET 1**  
Alternate between sets of the Leapfrog and Bosu Burpie Pushup. Complete three sets of each.



## POWER KNEE TAP 'N' TOUCH

Works entire lower body and heart

Stand alongside a 12-inch-high bench. Step up with your left foot; then, swinging your left arm to help propel your body, jump up and bring your right thigh to hip height (A). Land so both feet are on the bench, knees slightly bent. Immediately step your right foot down to the floor, and with your left foot, take a giant step behind you and sink into a lunge. Place your left hand next to your right foot (B). Do the sequence for 30 seconds, then repeat on the other side. That's one set.



## ON-GUARD LUNGES

Works shoulders, glutes, and all the thigh muscles

Grab a pair of 5- to 10-pound dumbbells; lunge forward with your left foot. Place your right hand on your hip and raise your left arm in front of you at shoulder height, pointing the weight like a sword (A). Step back to center. Lunge out to the left, place your right hand on your hip, and raise your left arm out to the side at shoulder height (B). That's one rep. Do 8 to 10 reps and then do the moves on the opposite side. That's one set.

**SUPERSET 2**  
Alternate between sets of the Power Knee Tap 'n' Touch and On-Guard Lunges. Complete three sets of each.

**SUPERSET 3**  
Alternate between sets of Tricep Dip and Reach and Climb the Mountain. Complete three sets of each.



## TRICEP DIP AND REACH

Works triceps and core

Sit on the floor with your knees slightly bent and your back as close as you can get it to a 12-inch-high step. Grab the edge of the step with your hands slightly more than hip-width apart. Push your heels into the floor as you straighten your arms. Perform a dip (A). Straighten your arms, then reach your left arm straight out in front of your body at shoulder height while lifting your right leg (B). Hold for a few seconds, then repeat, lifting the opposite arm and leg. That's one rep. Do 12 to 15.



## CLIMB THE MOUNTAIN

Works shoulders, chest, core, and lower body

Get into plank position with your hands shoulder-width apart on a 12-inch-high step (A). Step forward to the front of the bench with your right foot, keeping your left leg straight and your right thigh parallel to the floor (B). With your hands on the step, jump, switch legs in the air, and land with your right leg straight behind you and your left leg bent. Continue hopping to switch legs for one minute. That's one set.



## PLANK ROW AND LEG LIFT

Works back, core, and glutes

Place a pair of 5- to 10-pound dumbbells shoulder-width apart on a 12-inch-high step. Get into plank position with your hands on the dumbbells (A). In one motion, lift the right dumbbell until your elbow passes your torso and raise your left leg to hip height (B). Lower and repeat with the opposite arm and leg. That's one rep. Do 12 to 15.

**SUPERSET 4**  
This move is so tough you don't need to supersets it. You'll know what we mean when you try it!