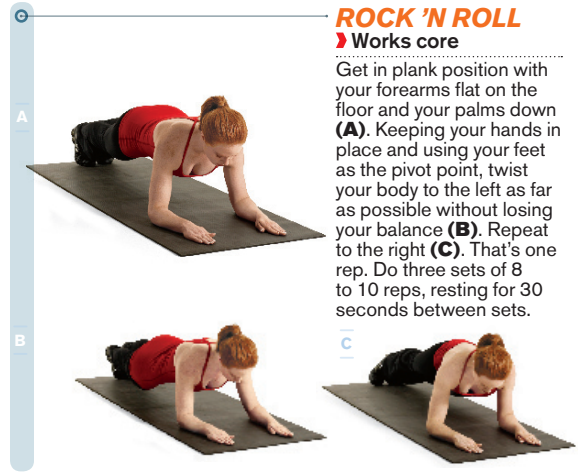




## SQUAT CHOP

Works upper body, core, and lower body

Stand with your feet hip-distance apart and your arms at your sides. Squat until your thighs are parallel to the floor. Keeping your arms straight, bring them forward and up until your upper arms are in line with your ears (A). Return to standing, then lift your right knee to hip height as you sweep your arms down across your body until the back of your left hand is outside your right knee (B). Return to standing and repeat on the other side. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.



## ROCK 'N ROLL

Works core

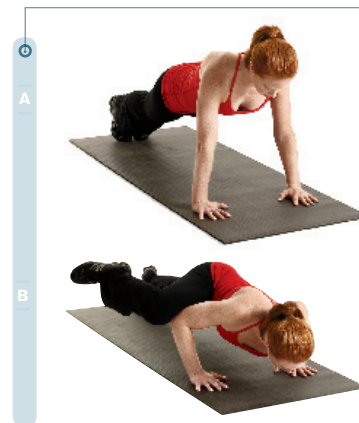
Get in plank position with your forearms flat on the floor and your palms down (A). Keeping your hands in place and using your feet as the pivot point, twist your body to the left as far as possible without losing your balance (B). Repeat to the right (C). That's one rep. Do three sets of 8 to 10 reps, resting for 30 seconds between sets.



## LUNGE REACH AND TWIST

Works arms, core, back, and legs

Stand with your feet hip-width apart and your arms at your sides. Lunge forward with your left leg so your right knee is nearly touching the floor and your left thigh is parallel to the floor. Bending forward, try to touch the floor on either side of your left foot (A). Push off your left foot; using that momentum, shift your weight to your right foot and swing your left leg behind you. As you sink backward into a lunge, rotate your torso 45 degrees to the right (B). Return to standing. That's one rep. Do 12 to 15 and repeat on the other side. That's one set. Do three, resting for 30 seconds between sets.



## PUSHUP CRAWL

Works chest, core, and hips

Get in plank position with your hands wider than shoulder-width apart (A). Lower your chest as close to the floor as you can. Holding that position, lift your right knee to the outside of your right elbow (B). Return to plank position, then push back up to start; repeat on the other side. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.

### TRAINER TIP

Brace your abs to help maintain your balance on one leg.



## GRAND PLIÉ JUMP

Builds lower-body strength and power

Stand with your legs wide apart, toes turned out and arms at your sides. Squat until your thighs are parallel to the floor and you're low enough to touch it with your fingertips (A). Immediately jump up as high as you can, keeping your legs wide and extending your arms straight overhead (B). That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.



## TRICEP PUSHUP

Works triceps, chest, and core

Get in plank position with your hands shoulder-width apart (A). Lower your chest toward the floor while keeping your upper arms parallel to your sides and your elbows pointing straight back (B). Push back up to start. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets. To make it easier, lower your knees to the ground. There's no shame in girl pushups!

### TRAINER TIP

Keep your chest open and your shoulders rolled down and back.



## FLAMINGO REACH AND PRESS

Works core and lower body

Stand with your feet hip-width apart and your arms at your sides. Bend your left knee, lifting your foot behind you. Squat down and raise your right arm out to the side to shoulder height, then reach your left hand down across your body, touching the floor outside your right toes (A). Stand up as you lift your left hand toward the ceiling, lower your right arm to your side, and raise your left thigh to hip level in front of you (B). Lower your left leg and repeat on the other side. That's one rep. Do 12 to 15 for a set. Do three sets, resting for 30 seconds between sets.

### TRAINER TIP

When squatting, don't let your knees extend past your toes.