

SAMPLE WORKOUT

Full body, glutes focused, for beginners, no equipment

Follow below workout. You can click on the name of the exercise to view a video of it. Videos also show modifications of the exercise for beginners so you can choose according to your fitness level.

Warm Up

3 rounds of:

30 seconds High Knees
10 Squats
30 seconds Jumping Jacks
10 Forward Lunge and Reach
30 seconds Side Step + Knee Up
10 Arms Rotations each way

Workout

Repeat each set of exercises 3 times, then move to the next one.

Set 1

Sumo Squat Pulse – 12-15 repetitions
Inchworm – 5 repetitions
Crunch – 15 repetitions

Set 2

Frog Pumps – 20 repetitions
Push Up – 12-15 repetitions
Side Hip Raise – 10-12 repetitions each side

Set 3

Donkey Kick – 20 repetitions each leg
Swimmers – 20 repetitions
Knee/Leg Raises – 15 repetitions

Post workout quick cardio

30 seconds work – 15 seconds rest

4 rounds of:

High Knees
Side Step
Jumping Jacks
Side step + Knee Up