

## ENGAGEMENT CIRCUIT

1 HIGH KNEES 15 REPS/SIDE

2 BICYCLE CRUNCHES 10 REPS/SIDE

3 HIGH KNEES 30 REPS

4 EXTENDED CRUNCHES 15 REPS

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### INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. After completing 1 round, move onto the HIIT cardio sets.

## HIIT CARDIO SETS

1 JUMPING JACKS 3 SETS 15 REPS

2 KETTLEBELL SWINGS 3 SETS 15 REPS

3 JUMP ROPE 3 SETS 15 REPS

4 BURPEES 3 SETS 15 REPS

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### INSTRUCTIONS

Complete 3 sets of each exercise before moving onto the next. Slightly increase the weight with each set. Rest 30-60 seconds in between sets.

## FINISHING CIRCUIT

1 HEEL TOUCHES 25 REPS/SIDE

2 CRUNCHES 15 REPS

3 SIDE PLANK HIP DIPS 15 REPS/SIDE

4 PLANK 1 MIN

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### INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. Move onto the recommended and/or optional sections.

## RECOMMENDED

Hold a 2nd plank for as long as you can