

*During each of these moves, really focus on engaging the muscles of that area (example: when doing ab moves, do not strain your neck to execute the moves; if you need to, place a hand behind your head to support it while you engage those abs!) Do not forget to breathe, either! If you are unable to do the full set, that is OK. Try your best and push yourself - you are not doing yourself any favors by slacking or not giving it your all. It will all be worth it, trust me!*

## **ABS**

### **AB INSANE**

- Hourglass: Get on all fours, back straight, looking down. Exhale completely and hold your breath. Pull your belly toward your spine (suck in) as hard as possible and hold for 10 seconds. Inhale. Take a few breaths and repeat 9x times, for a total of 10x.
- Side V-Ups: Lie on your left side, legs angled 30 degrees from your hips. Rest your left arm on the floor and put your right hand behind your head. Lift your straight legs off the floor, bringing your torso toward your legs. Slowly return to start. Repeat 14x times, for a total of 15x. Repeat on your right side.
- Heel Taps: Lie face-up, hands under your butt, knees bent, feet flexed and lifted into a table top position. Slowly lower your right foot until your heel barely touches the ground, really engaging your abs. Squeeze your abs to help raise your foot back up. Repeat 14x times, for a total of 15x. Repeat with your left foot.
- The Hundred: Lie face-up, knees bent, and toes pointed and lifted into a table top position. Lift shoulders off of the floor so your shoulder blades are just off the floor/mat (use your abs to do this, not your neck). Reach arms toward feet (about two inches off the floor, palms facing down). Pump your arms up and down with a small range of motion, keeping elbows straight. Inhale for five pumps, exhale for five pumps. Repeat that set 9x times, for a total of 100x pumps.
- Plank: Get in push-up position, bend your elbows and rest your weight onto your forearms. Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

### **AB-SOLUTELY**

- Hourglass: Get on all fours, back straight, looking down. Exhale completely and hold your breath. Pull your belly toward your spine (suck in) as hard as possible and hold for 10 seconds. Inhale. Take a few breaths and repeat 9x times, for a total of 10x.

- **Roll Up:** Lie face-up with your legs straight and arms extended above head next to ears. Bring arms forward, tilt chin down, and slowly curly upper body up, reaching hands toward your toes. Repeat 14x times, for a total of 15x.
- **Straight-Leg Crunch:** Lie face-up and place your legs hip-width apart. Place your hands behind your head and flex your feet. Using your abs, lift your shoulder blades off the floor. Repeat 14x times, for a total of 15x.
- **Penguin:** Lie face-up with knees bent. Place your arms straight against your sides. Lift your shoulder blades off the floor (using your abs, do not strain your neck). Starting with your right hand, reach toward your foot. Without coming back down to the floor, repeat with your left hand. Repeat 48x times without returning to the floor, for a total of 50x.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **BUNS**

### **BUN BONANZA**

- **Donkey Kicks:** Get on all fours, back straight, looking down. Keeping right knee on the floor, flex your left foot and lift knee to hip level. Lower knee without touching the floor. Repeat 14x times, for a total of 15x. Repeat with right leg.
- **Single-Leg Butt Lift:** Lie face-up with your knees bent, feet about hip-width apart, and arms at your sides. Take your left leg and straighten it so it is in line with your thigh and pointed forward (roughly 45 degree angle). Pushing through your heel, lift your hips off the floor while keeping your back straight. Hold for two seconds. Return to starting position. Repeat 14x, for a total of 15x. Repeat with right leg.
- **Pulsing Squats:** Standing in a wide stance with toes pointed out, squat down as far as you can go. Hold that position as you pulse a few inches up and down. Repeat for 14x pulses. Come back to starting position, take a break, and repeat steps 3x times.
- **Floor Jacks:** Lie face-down on the floor. Extend your arms and legs into an “X” shape. Do “jumping jacks”, making sure your knees stay straight, feet are off the floor, and you are squeezing your glutes.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **BUNS R US**

- **Hydrant:** Get on all fours, back straight, looking down. Keeping right knee on the floor, flex your left foot and lift leg outward to hip level (as if you are a dog peeing on a hydrant). Return to starting position. Repeat 14x times, for a total of 15x. Repeat with right leg.
- **Squat Kicks:** Standing in a wide stance with toes pointed out, squat down as far as you can go. Hold for two seconds. Return to starting position while kicking left leg out in front of you (try to get high, push hard). Repeat 14x times, for a total of 15x. Repeat with right leg.
- **Kick Backs:** Stand with your feet together and place your hands on your hips. Keeping your left foot flexed (or pointed, whichever is more comfortable for you), kick your leg back in a controlled manner (really engage your butt). Repeat 19x times, for a total of 20x, without coming back to the floor. Repeat with your right foot.
- **Frogger:** Lie face-down with your hands clasped in front of you. Straighten legs and bring your knees out to the edge of your mat (wider than hip-width apart). Bend your knees and place your heels together while pointing your feet. Engaged your glutes and lift legs toward the ceiling. Repeat 9x times, for a total of 10x. Next, flex your feet keeping your heels together. Repeat steps 10x times.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **ARMS**

### **AWESOME ARMS**

- **Arm Circles:** Stand with feet shoulder-width apart. Bring arms out and in-line with your shoulders, palms facing down. Moving clockwise, make small circles (about the size of a softball) while engaging your arm muscle. Repeat for 50x circles. Reverse direction and repeat for 50x circles. Repeat both steps while making a larger circle (size of basketball or soccer ball).
- **Tricep Dip:** Get in crab position on the floor (back toward floor, arms extended, knees bent, butt dipped). Starting with arms extended, dip down until your butt is barely grazing the floor. Return to starting position. Repeat 14x times, for a total of 15x.
- **Up-Up-Down-Down:** Get in push-up position (on your knees is fine, as long as you are taking proper form). Instead of doing a normal push-up, you are going to

lower onto your forearms, one arm at a time. Then return to push-up position. Repeat 9x times, for a total of 10x.

- **One-Leg Knee Push Ups:** Get in push-up position, on your knees. Extend your right leg straight behind you so it is parallel with the floor. With your leg extended, lower into a push-up. Return to starting position. Repeat 9x times, for a total of 10x. Repeat with other leg.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **KILLER ARMS**

- **Half Cobra Push-Up:** Lie face-down on the floor. Bring your hands to your sides and place palms flat against the ground near your arm pits. Tuck your elbows in tight toward rib cage. Push the upper half of your body 6-8" off the ground. Hold for two seconds and lower back down. Repeat 14x times, for a total of 15x.
- **Chest Press Up:** In a standing position, place your hands and elbows together in front of your chest. While actively keeping your hands and elbows together, push up toward the ceiling and lower back down (not releasing hands or elbows). Repeat 29x times, for a total of 30x.
- **Tricep Dip:** Get in crab position on the floor (back toward floor, arms extended, knees bent, butt dipped). Starting with arms extended, dip down until your butt is barely grazing the floor. Return to starting position. Repeat 14x times, for a total of 15x.
- **Bridge In and Out Walks:** Get in crab position on the floor (back toward floor, arms extended, knees bent, butt dipped). Walk your legs out until they are straight. Walk them back in to starting position. Repeat 14x times, for a total of 15x.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **BACK**

### **BACK ATTACK**

- **Swimmer:** Lie face-down with your arms stretched out in front of you and legs straight. Squeeze your inner thighs and heels together. Raise your chest off the

mat slightly as you lift legs and arms off mat. Alternate arms and legs and begin to “swim” for 30 seconds.

- **Superwoman:** Lie face-down with your arms stretched out in front of you and legs straight. Squeeze your inner thighs and heels together. Raise your chest off the mat slightly as you lift legs and arms off mat. Hold for 10 seconds and release. Repeat 4x times, for a total of 5x.
- **Backward Crunch:** Lie face-down with your arms resting at your sides and legs straight. Squeeze your inner thighs and heels together. Raise your chest off the mat and hold for 10 seconds, not moving your legs. Repeat 4x times, for a total of 5x.
- **Wing Squeezes:** Stand with feet shoulder-width apart. Bring arms out and in-line with your shoulders, palms facing forward. Move your arms back in an upside-down “U” shape and act as if you are squeezing a small nut in behind your shoulder blades. Return to starting by creating that upside-down “U” shape again. Do this at a brisk pace, but not too fast. Proceed to lift and lower your arms and complete 30x front and back moves total.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **BBY GOT BACK**

- **Bird Dog:** Get on all fours, back straight, looking down. Engaging your abs and back, slowly extend your left leg behind you while reaching your right arm forward. Hold for five seconds and return to starting position. Repeat 9x times, for a total of 10x times. Repeat with right leg and left arm.
- **Alternating Backward Crunch:** Lie face-down with your arms resting at your sides and legs straight. Squeeze your inner thighs and heels together. Raise your chest off the mat, not moving your legs. Return to starting position and this time, raise your chest and move back and left. Return to starting position and this time, raise your chest and move back and right. Repeat this trio 14x times, for a total of 15x.
- **Backward Penguin:** Lie face-down with legs straight. Place your arms straight against your sides. Lift your chest off the floor (using your back, do not strain your neck). Starting with your right hand, reach toward your foot. Without coming back down to the floor, repeat with your left hand. Repeat 48x times without returning to the floor, for a total of 50x.
- **Wing Squeezes:** Stand with feet shoulder-width apart. Bring arms out and in-line with your shoulders, palms facing forward. Move your arms back in an upside-down “U” shape and act as if you are squeezing a small nut in behind your

shoulder blades. Return to starting by creating that upside-down “U” shape again. Do this at a brisk pace, but not too fast. Proceed to lift and lower your arms and complete 30x front and back moves total.

- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **LEGS**

### **LOVELY LEGS**

- **Inner Leg Lifts:** Lie down on your side and rest your head on your hand. Extend your legs straight and bend your top leg over your bottom leg and toward the front of your mat. Point your toes and lift your extended leg off the ground as high as you can and return to starting position. Repeat 24x times, for a total of 25x. Repeat with your other leg.
- **Sumo Squat:** Standing in a wide stance with toes pointed out, squat down as far as you can go. Hold for 3 seconds and return to starting position. Repeat 24x times, for a total of 25x.
- **Calf Raises (Normal, Toes In, Toes Out):** Stand with feet shoulder-width apart, toes pointed forward. Lift your heels off the floor, balancing on the balls of your feet. Return to starting position. Repeat 24x times, for a total of 25x. Repeat those steps two more times, first with your toes pointed outward, second time with your toes pointed inward.
- **Single Leg Squat and Lift:** With legs shoulder-width apart, lower into a squat. Extend your right leg, flex your foot, and push up with your left leg. Repeat 9x times, for a total of 10x. Repeat with your left leg.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

### **WOBBLY LEGS**

- **Plié Squat with Toe Lift:** Stand in plié position (wide stance, toes pointed out). Squat down as far as you can. Lift your heels off the floor, balancing on the balls of your feet. Repeat 24x times, for a total of 25x.
- **Calf Raises (Normal, Toes In, Toes Out):** Stand with feet shoulder-width apart, toes pointed forward. Lift your heels off the floor, balancing on the balls of your feet. Return to starting position. Repeat 24x times, for a total of 25x. Repeat those

steps two more times, first with your toes pointed outward, second time with your toes pointed inward.

- **Sumo Squat Walk:** Standing in a wide stance with toes pointed out, bring your hands behind your head with elbows pointed out. Squat down as far as you can. While in squat position, walk forward five steps and then back five steps. Repeat 9x times, for a total of 10x.
- **Inner Leg Lifts:** Lie down on your side and rest your head on your hand. Extend your legs straight and bend your top leg over your bottom leg and toward the front of your mat. Point your toes and lift your extended leg off the ground as high as you can and return to starting position. Repeat 24x times, for a total of 25x. Repeat with your other leg.
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **WHOLE BODY**

### **HOT BOD**

- **Lunge Kicks:** Stand with feet a bit wider than hip-width apart. Complete a lunge forward, getting as low as you can. Once you have returned to your starting position, kick the leg you lunged with up and out. Repeat 15x times per leg, for a total of 30x.
- **Small Squat Punches:** Standing in a wide stance, squat down as far as you can. Bring your arms up to “boxing position”. Come out of the squat and punch forward with one arm. Squat down again. Come out of the squat again and punch with the other arm. Really commit to these movements. Repeat 48x times, for a total of 50x punches/squats.
- **Standing Bicycle Crunch:** Standing with feet a bit wider than hip-width apart, bring your hands behind your head with elbows pointed out. Bring your right knee up and crunch across with your left elbow. Return to your original position. Repeat with your left knee and right elbow. Repeat 19x times on each side, for a total of 40x.
- **Dance:** Dance your ass off for five minutes. Jump up and down. Twerk. Do whatever you want to get your heart-rate up and get some sweat going!
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.

## **ROCKIN' BOD**

- **Crazy Feet:** Stand with feet a bit wider than hip-width apart. Squat down a tiny bit. Working on the balls of your feet, run in place at a rapid speed while pumping your arms. Continue for 15 seconds. Repeat 4x times, for a total of 5x.
- **Sumo Squat and Side Crunch:** Standing in a wide stance with toes pointed out, bring your hands behind your head with elbows pointed out. Squat down as far as you can. As you straighten your knees to stand, lift your right knee while bending to the right to bring your elbow to your knee. Straighten up and return to squat position. Repeat with leg knee and elbow. Repeat 19x times on each side, for a total of 40x.
- **Small Squat Punches:** Standing in a wide stance, squat down as far as you can. Bring your arms up to “boxing position”. Come out of the squat and punch forward with one arm. Squat down again. Come out of the squat again and punch with the other arm. Really commit to these movements. Repeat 48x times, for a total of 50x punches/squats.
- **Dance:** Dance your ass off for five minutes. Jump up and down. Twerk. Do whatever you want to get your heart-rate up and get some sweat going!
- **Plank:** Get in push-up position, bend your elbows and rest your weight onto your forearms (not your hands). Form a straight line from shoulders to ankles (do not sink, no butt in the air). Engage your core by sucking your belly button into your spine. Hold for 10 seconds. Repeat 5x times, for a total of 6x.