

Each super set is comprised of two exercises. Do the first exercise 15 times followed by the second exercise 15 times. 30 seconds rest in between then repeat. Rest 30 seconds then repeat for a third time.

There are 5 super sets for you to do 3 X's each!

Equipment: Mat, can use weights to add to the exercises if you have them, something for triceps (weights, chair or even an exercise band)

SUPER SET 1 (15 X's each)

1. Lunges (each side)
2. Squats

SUPER SET 2 (15 X's each)

1. Hip Bridges
2. Pushups

SUPER SET 3 (15 X's each)

1. Jumping Jacks
2. Leg Abduction (each side)

SUPER SET 4 (15 X's each)

1. Triceps with weights or dips on chair
2. Skaters

SUPER SET 5 (15 X's each)

1. Crunches
2. Russian twists

End with your favorite stretches.