

Optional

Track days and workouts in the spaces provided

AM Circuit

Hollow body rocks	50							
Explosive push-ups	15							
Lunge switches	40							
Tuck ups	50							
Push ups to finger tips	15							
Air squats	40							
V ups	30							
Push ups with arm lift at the bottom	15							
Frog jumps	20							
Single leg alternating V-ups	50							

3x thru

PM Circuit

Push up 3 sec down then fast up	15							
V ups with lift	20							
Air squats	50							
Push up fast down 3 sec up	15							
Tuck ups with lift	20							
L+R single leg air squats	20 per side							
Push up with 3 sec hold at the bottom	15							
Single leg V up with lift	20							
Lunge pulse L+R	30							
Hollow rocks	100							

3x thru

Handstand Work

HS hold	10 sec							
Press HS hold for 5 sec	10							
HS hold 5 sec lower to stand/ L	8							
L sit press to pike stand	8							
1 min HS hold against wall	3							

Done in with AM and PM circuit

**Leg kicks should only be done if in a safe area, possibly holding onto a kitchen counter. Be careful :). On the 8th one, hold for 8 seconds. Should be quick and clean, finished in lock.

So for this series, pick out floor music that is not your or use your favorite try to time your warm-up, flexibility workout to finish when your songs finish. Challenge yourself to stay on track and complete the full time required for each exercise. You've got this!!!