

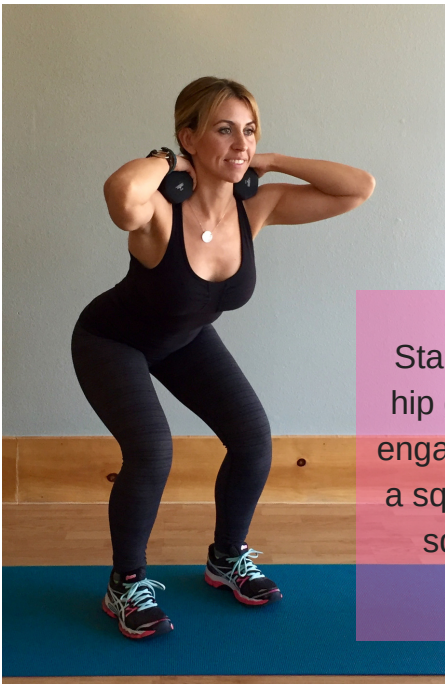


5 IN 15

total body tone

Perform each move for 30 seconds or 15 reps total on each side. Repeat 3 times.

1. Squats



Standing with feet hip distance apart, engage core. sit into a squat, then stand squeezing the booty.

2. Lunge + Bicep Curl



Step into a lunge position and as you move down into the lunge, curl your arms into a bicep curl. Lowering arms as you stand up. Switch legs and repeat.

3. Reverse Fly + Booty Lift

A.



B.



Stand with your feet hip distance apart, knees softly bent, hinge forward keeping back flat. Bring arms in front of you as if hugging a ball, elbows out. Lift a straight leg squeezing the booty + lift elbows out at same time squeezing shoulder blades together.

4. Plank Ups



a.

Start in a forearm plank. Shoulders rolled back. Spine/back flat. Tailbone tucked under. Core engaged. Buns tight. Legs strong. Keeping body stable, press up into a straight arm position. Lower back to elbows, keeping hips as still as possible. Modification: drop to your knees

b.



c.



5. Dips + Kicks



a.

Tricep Dips
With your hands behind you, at least shoulder distance apart, elbows back, shoulders rolled back and down. Straighten arms lifting body from floor and keeping body lifted, bend elbows again, repeating.



b.



a.

Kick Outs
Sitting on the floor, lift legs to a table top position (a.). Draw abs in as you extend the legs out (b.) The straighter the leg the more challenging the move.
Alternate 20-25 reps of Dips then Kicks



b.