



Virtual Workout **DAY 1**

TABATA CIRCUITS:

Install a Tabata App on your phone and set it for 45 seconds work/20 seconds rest

**Warm up = 4-6 mins your favorite cardio:
jacks/butt kicks/high knees
AND swing jumps + arm Circles/swings**

CIRCUIT 1 - 3X

- Pike push-up, walk out to push-up
- Table top pull thru (keep knees off the ground)
- Child's Pose to push-up
- Single Leg HEEL touch (creeper)

CIRCUIT 2 - 3X

- Crunches
- Scissor V-Ups
- Power Jacks
- Goblet Squats

STRETCH OUT