

BASIC TRAINING

Do 3 rounds of all exercises after you warm up.

It's back to basic training with these body weight exercises. Done at a quick pace, you'll improve your endurance, while increasing strength, range of motion and balance.

Total workout time 25-30 minutes.

Warm Up

March in place, skip and do jumping jacks for 1 minute each

Exercise 1

Squat for one minute

Exercise 2

Walk-outs for 1 minute

Exercise 3

Jumping jacks for one minute

Exercise 4

Alternating lunges for 1 minute

Exercise 5

Push-ups for 1 minute

Exercise 6

Jump squats for 1 minute

Exercise 7

Walk-outs for 1 minute

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com