

# Standing Elbow to Same Knee



Standing with hands locked behind your head, crunch down side ways while raising your legs up to touch your elbow to knee. Alternate.

Duration: 1 min.

Target: Obliques, hips, and cardio.

# Front Kicks



From standing position, perform a front kick with straight leg. Repeat rapidly.

Duration: 1 min. each side

Target: Hips and cardio.

# Mountain Climbers



Duration: 1 min.

Target: Shoulders, chest, arms, core, hips, and cardio.

# Side kicks



Standing with legs straight, raise your legs side ways while keeping both legs straight. Alternate.

Duration: 60 – 80 sec.

Target: Hips, outer thighs, and cardio.

# Back Kicks



Standing with legs straight, raise your legs backwards while keeping both legs straight. Alternate.

Duration: 60 – 80 sec.

Target: Hips, butt, and cardio.

# Side Hop



Hop from side to side on your toes.

Duration: 1 min.

Target: Cardio and legs.

# Jumping Side Kicks



Keeping both legs straight at all times, jump and raise your legs side ways. Alternate.

Duration: 1 min.

Target: Hips, outer thighs, quads, and cardio.

# Jumping Front Snap Kicks



Jumping and front snap kick with same leg.

Duration: 1 min each side.

Target: Legs and cardio.



# Skating



Start down in a lunge position with one leg diagonally behind you and opposite hand down. Hop and switch stance. Keep a continuous motion as in speed skating

Duration: 1 min.

Target: Legs and butt.

# Squat High Jumps

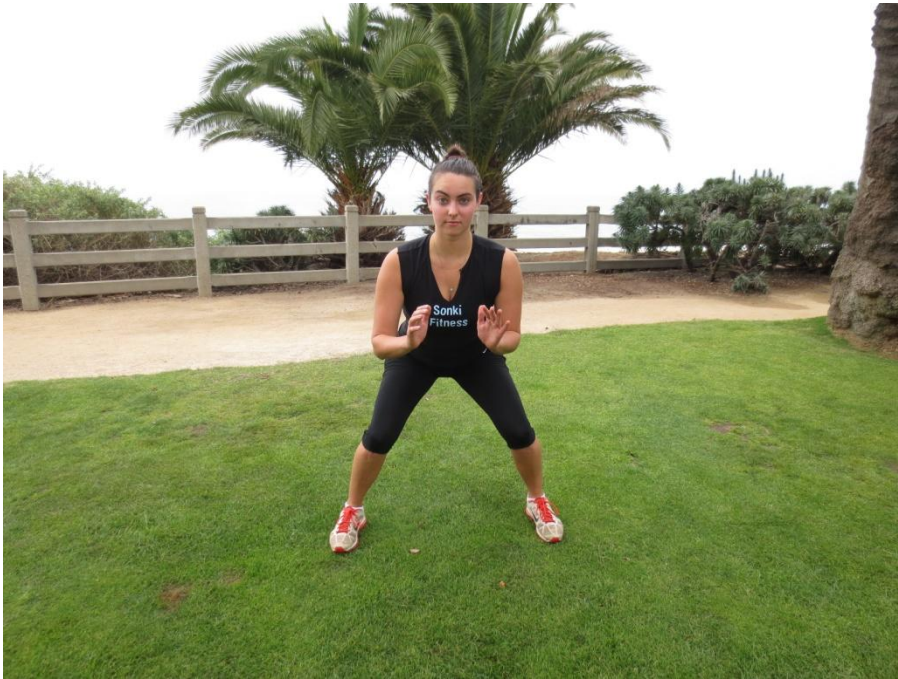


From standing position, squat down and then jump twice consecutively with hands up in the air.

Duration: 1 min.

Target: Legs, butt, and cardio.

# Side Shuttle Run



Starting in a squatted position, hop 2 – 3 times laterally and then squat to touch. Repeat and continue in a fast motion.

Duration: 1 min.

Target: Legs, cardio, agility.