



8-4-2-1 CIRCUIT WORKOUT

Perform 4 full rounds of the workout. For the first round, perform 8 reps of each exercise. Then 4 reps, then 2, then 1.

STANDING HIP FLEXOR STRETCH WITH SWEEPING ARMS

With the left leg forward, arms sweep up and over to the left. With the right leg forward, arms sweep up and over to the right. Keep the back leg straight the whole time, with your quadriceps and glutes engaged. Be careful not to arch your lower back...keep your abs pulled in and your ribs closed.

3 WAY LUNGES (with side bend away from lunging leg)

- Lunge forward. Perform all reps on the right leg, than all reps on the left leg
- Lunge to the side. Perform all reps on the right leg, than all reps on the left leg. Keep toes pointing straight forward
- Lunge to the back diagonal. Perform all reps on the right leg, than all reps on the left leg. Toes point in direction of lunge.

SQUATS WITH 5 WAY ARM REACHES (With band above your knees. You can add a 2nd band around your shins for more resistance) In one rep, the arms reach forward, out to the right, out to the left, to the back right diagonal, and to the back left diagonal

SINGLE LEG BALANCE WITH TRUNK/HIP ROTATION

Stand on the left leg with toes pointing straight forward and with a soft bend in the knee. Shift your right leg back until hamstrings and glutes engage. Now rotate your pelvis and torso to the right, but make sure your left knee doesn't collapse in. Then return to the starting position. Perform all reps on the first leg. Then repeat on the other leg.

BEAR PLANK WITH FRONT & BACK EXTENSIONS

Alternating arms reach one arm forward, then the other arm. Keep a flat back and your knees hovering 2 inches off the floor.

Then...alternating legs kick one leg back, then the other leg.

3 WAY LUNGES WITH FLYING BALANCE & PASSE

For each lunge direction: lunge, then lift the back leg into a parallel balance with your torso parallel to the floor, then return to your lunge, then lift the lunging leg into passe...

- Lunge forward. Perform all reps on the right leg, than all reps on the left leg
- Lunge to the side. Perform all reps on the right leg, than all reps on the left leg. Keep toes pointing straight forward
- Lunge to the back diagonal. Perform all reps on the right leg, than all reps on the left leg. Toes point in direction of lunge.

2-TO-1 JUMP SEQUENCE (with band above the knees)

- Jump forward onto the right foot, then jump back to land in your parallel squat position. Do all reps. Then repeat on the left leg.
- Jump out to the right, landing on your right foot. Do all reps. Then repeat on the other side...jumping out to the left, landing on the left foot. Make sure your toes stay pointing straight forward.
- Do a quarter tour out to the right, landing on your right foot. Do all reps. Then repeat on the other side, with a quarter tour to the left and landing on the left foot.