

## **ZOOM Workout #2:**

Make sure you have it in front of you so we can get through the 3 rounds. I will explain all exercises once before the circuit begins.

### **Warm-up: 5 minutes**

1. 30 seconds of each:

- High knees
- Butt kicks
- Alternating high knee to butt kick Right
- Alternating high knee to butt kick Left
- Jumping jacks,
- Leg swings Right
- Leg swings Left

2. 90 seconds of squat form

### **Circuit: 20 minutes**

30 seconds each exercise x 3 rounds, 1 minute rest in between rounds

1. Body Weight Squat with shoulder press (with dumb bells, medicine ball, soup cans...)
2. Front Plank
3. Side Plank Right
4. Side Plank Left
5. Tricep Dips (Edge of couch, table, window sill...)
6. 3-way lunge (Front lunge, Side lunge, Back lunge, then switch legs)
7. Raised Basketball Pushups- Alternating moving ball between hands
8. Dead Bug
9. SL Roman Dead Lift (with dumb bells, soup cans...)
10. Side arm raises (with dumb bells, soup cans...)
11. Wall Sit
12. Hip-Crossovers

### **Cool Down: 5 minutes**

Stretching, ABCD