



Warm-Up 2-3 Rounds

- 1 min jog
- 15 sec High Knees
- 15 sec booty kicks
- 10 lunges
- 10 russian twists
- 10 push-ups

180° in-out squat jump circuit - 1-2 rounds

- 50 squats, 50 upward plank alt. toe touches
- 45 squats, 45 glute bridges (toes off ground)
- 40 squats, 40 flutter kicks
- 35 squats, 35 sit-ups
- 30 squats, 30 wide mountain climbers
- 25 squats, 25 push-ups
- 20 squats, up-down planks
- 15 squats, 15 leg lifts
- 10 squats, 10 burpees
- 5 squats, 5 walk-out push-ups

2 mile interval workout

- 5 minutes easy jog
- sprint 30 sec
- 2 minute recovery run
- sprint 45 seconds
- 2 minute recovery run
- 60 second sprint
- 3 minute recovery run
- 15 second sprint
- 5 minutes easy jog (rest of the way to 2 mi)

"Together Everyone Achieves More"