

Workout 11

11 exercises 33 minutes 433 MOVES 232 kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Forward lunge with reach



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Squat with rotation



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

5 - Free Exercise - Twisting crunch - single leg up



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

6 - Free Exercise - Bird dog



60 sec x 60 sec
60 sec x 60 sec

7 - Free Exercise - One leg circle



60 sec x 60 sec
60 sec x 60 sec

8 - Stretching - Glutes - seated



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

9 - Stretching - Hip flexors - half kneeling



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

10 - Stretching - Lower back - supine



Sets: 1
Duration: 30 sec
Rest time: 1 sec

Make sure the lower back is in touch with the mat

11 - Stretching - Standing Hamstring Stretch



Sets: 2
Duration: 30 sec
Rest time: 10 sec