

TOTAL
BODY

WORKOUT

15
MIN

BODYWEIGHT + EXERCISE BALL

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 15 minute workout. If time allows, repeat the WORKOUT for a 30 minute burn!

WARMUP

- Jumping Jacks - 30 seconds
- Sun Salutations - 30 seconds
- Exercise Ball, Side-to-Side Trunk Rotations - 30 seconds
- Exercise Ball, Reverse Lunge w/ Ball Raise - 30 seconds

WORKOUT

- Boing Pushups on Exercise Ball
- Standing Mountain Climbers
- Plank Core Circles on Exercise Ball
- Diamond Pushups on Exercise Ball
- High Knees
- Sphinx, Knee to Elbow on Exercise Ball
- Staggered Hand Pushups
- Plyo Skaters
- Plank, Knees to Chest w/ Exercise Ball
- Down Dog to "Under the Fence" Pushups
- Exercise Ball Burpees on One Leg
- Banana Hold, Exercise Ball Switch (Hands to Legs)
- Squat w/ Exercise Ball Overhead Lift
- Pike Pushup
- Exercise Ball Hamstring Curl