**Exercise 1**

Jumping jacks                    60 rep

bicycle crunches               45 secs

Burpees                                               10 rep

lunges                                   10 rep

Ab planks                            60 sec

Side plank raises               10 reps/side

High knee kicks                 60 secs

Abs crunch                          15

ab crunch left / right       15 each

**Exercise 2**

**Cheryl:**

Scissor jumps  - 1 minute

Leg lifts (against wall) - 1 minute (30 seconds each leg)

Calf raises - 1 minute

Run in place - 1 minute

**Shakara:**

Cross over crunch – 1 minute

Leg ups (or Indian crunches) – 1 minute

Side Abs – 1 minute

**Donna:**

Arm circles – 1 minutes (forward 30 seconds/backward 30 second)

Boxing – 1 minute

Pushups against the wall – 1 minute

**Exercise 3**

Working – 1st Upper body, 2nd cardio, 3rd abs, 4th legs – repeat!

Plank Sphinx push ups – 60 seconds – stop watch

Begin in forearm plank (sphinx). One arm at a time, walk your hands up into plank, perform a push-up on cue.

Speed Skater – 60 seconds – stop watch

Shift your weight to your left foot, explode off your left laterally, landing on your right, and hop once more to the right, landing with your left foot floating behind and off the ground. Repeat on the other side.

Down dog crunches – 18 total – might want mats

In downward dog, lower your hips into plank, pull your right knee into your right tricep, then to your torso, and then to your left tricep. Place your foot back on the ground and push back into downward dog. Alternate sides.

Side Lunge jump-shot – 60 seconds – stop watch

Step out to the right in a side lunge, reaching toward the floor. Press off your right foot, bring you feet back together, and jump straight up, as if throwing the ball into a basket. Alternate sides.

30 second water break

Elevator push-ups – 60 seconds – stop watch - mats

Start in a high plank and go to the floor as requested. Top floor is the top of the plank, in middle floor or ground floor, your chest is even with your elbows; and in basement or bottom floor, your chest is inches from the floor.

Double uppercut, sprawls – 60 seconds – mats

In fighter stance, with your left foot forward and your fists framing your face, perform two uppercuts with your lead hand, two uppercuts with your back hand, and then jump back into a sprawl. Jump your feet between your hands, stand up, and repeat. Change lead after 30 seconds.

Roller Boat – 60 seconds – mats

Begin seated on your tailbone, holding bent knees. Rock back on to your shoulder blade, roll back to your tailbone, extend your legs in front of you, and reach your hands for your feet.

One leg jump squats – 60 seconds – stop watch

In a staggered stance, with 90% of your weight on your front foot, reach both hands to the floor, bending your knees, and then explode off the floor into a small jump. Switch sides after 30 seconds.

**Exercise 4**

30 second planks

24 sissors

30 swimming

30 indian/Chinese style crunches

30 regular crunches

**Exercise 5**

Today we will be playing group Mother May I. The goal is for you as a group to work your way across the gym to the end line, offering exercise moves in exchange for steps. One by one you will have to call out to ‘Simon’ with your trade. Please note the higher intensity of the exercise, the more steps you will be approved. Examples could include mountain climbers for 30 seconds=3 steps, plank for 1 minute=5 steps, jumping jacks for 15 seconds=1 step.

Mother will be at the far end, either approving a trade or providing an alternative. Unknown to the participants, Mother will have a list of pre-arranged exercises (in no particular order) to ensure the 10 minutes is used appropriately. If a caller says a pre-arranged exercise, this will be approved. If it is not a pre-arranged exercise, an alternative will be offered. The pre-arranged list of exercises are:

Approximately 50 steps (Calculating to 9 minutes to take into consideration talking)-

Jumping Jacks for 15 seconds=3 baby steps (1 step)

Plank for 45 seconds=3 steps

High knees for 1 minute=3 BIG steps (6 steps)

Squats for 45 seconds=4 steps

5 lunges per leg=2 step

Abdominal twists for 45 seconds=4 steps

10 pushups=3 steps

Mountain climbers for 1 minute= 5 steps

Crunches for 30 seconds=3 steps

Calf raises for 45 seconds=3 steps

Arm circles for one minute=5 steps

Star jumps for 30 seconds=4 steps

Ski jumps for 30 seconds=3 steps

Butt kicks for 45 seconds=4 steps