



YOU WILL NEED: A chair or a bench that is sturdy enough for you to step up onto. One of the steps in your house will work fine too. If you are unsure of how to do each exercise, please click on the exercise picture and you will be brought to a exercise tutorial video.



Click on the video to watch it*

WARM-UP: 5 MINS

You will need: A staircase with at least 2 steps. Do this mini circuit twice.



Fast Low Steps
1 Minute



Switching Toe Taps
1 Minute



Rest
30 Seconds

Do both exercises superset together, then rest for 20-40 seconds.

B = BEGINNER

I = INTERMEDIATE

A = ADVANCED

3 SETS

SET A



Drop squat
10 Reps



**Back stepping lunge
with knee driver**
10 Reps [R,L = 1 Rep]



3 SETS

SET B



Towel Rows

B = 12 / I = 16 / A = 20 Reps



Hip Raises

B = 12 Reps

OR



Hip Raises Single Leg

I & A = 20 a side

3 SETS

SET C



Plank 'step ups'

B = 10 Reps

OR



Plank 'step ups'

I / A = 10 Reps

STRETCHING AND COOLING DOWN

Major muscle and group stretches. All of these stretches should be held for 30 seconds.



Side Twist



Hamstrings



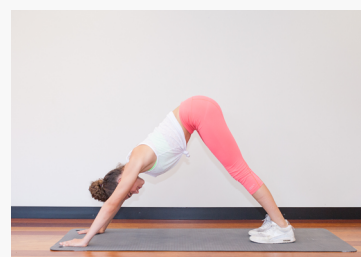
Glutes



Hip Flexors, Shoulders & Triceps



Quads



Downward Dog