Circuit 1 **30 mountain climbers** **12 side plank lifts (ea. Side)** **15 donkey kicks (ea. Leg)** **20 bicycle crunches *** ***- left side then right side =1**	**Circuit 2** **30 high knees*** **15 side leg raises (ea. leg)** **15 superman's** **30 second plank** ***- left side then right side =1**
Circuit 3 **30 butt kicks** **15 push ups** **5 pendulum lunges (ea. leg)** **30 scissor kicks** ***- left side then right side =1**	**Each Circuit 3 times through** **Should take about 30 min.**