

ADVANCED BODYSHRED ROUTINE 30 SEC OF EACH EXERCISE—REPEAT RESISTANCE EXERCISES AND CARDIO .

3 MINUTES RESISTANCE 2 MIN CARDIO , 1 MIN CORE

RESISTANCE:

R) UN EVEN PUSH UP

R) WOODCHOP

R) FRONT/ BACK CURTSY LATERAL SHOULDER RAISES

CARDIO:

C) HIGH KNEES

C) MOUNTAIN CLIMBERS

ABS:

A) FIG. 4 CRUNCH

A) OTHER SIDE

R) SQUAT WITH BICEP SERVERS

R) LUNGE JUMPS WITH ARMS OVER HEAD

R) CRECENT LUNGE WITH TRICEP KICKBACKS

C) SKIPPING

C) FAST FEET

A) SCISSORS (HORIZONTAL)

A) SCISSORS (VERTICAL)

R) SLEDGE HAMMER

R) SWING

R) BALANCED WARRIOR

C) LAT KNEE THRUSTER

C) PLANK JACKS

A) HIGH / LOW PLANK

A) DOLPHIN CRUNCH

R) CRESCENT CRUNCH

R) SUMO PLIE'S WITH UPRIGHT ROW

R) BACK LUNGE / FRONT KICK (WEIGHT BEHIND THE HEAD)

C) BURPEE + JUMP TUCK

C) PLANK BUTT KICKS

A) TOE TOUCHES

A) HEELS TO THE HEAVENS