

5 FULL-BODY MOVES FOR A STRONGER CORE, LEGS, AND ARMS

Perform each move for 30 to 60 seconds (adapt to your ability). After completing all 5 moves, that completes one circuit. Repeat the circuit two more times for a total of 3 circuits.

CIRCUIT



1
NARROW
TO WIDE
SQUAT



2
CROSS
BODY
PUNCHES



3
BANDED
MARCH
WITH PRESS



4
LATERAL &
FRONT
SERVERS



5
DOUBLE PULSE
CURTSY TO
REVERSE
LUNGE

3 Sessions

3 Sessions

3 Sessions

3 Sessions

3 Sessions

60 Sec each

60 Sec each

60 Sec each

60 Sec each

60 Sec each

15 Sec rest

15 Sec rest

15 Sec rest

15 Sec rest

60 Sec rest

HOW TO PERFORM EACH EXERCISE

NARROW TO WIDE SQUAT: Start standing with your feet together, toes pointing forward, and arms by your sides. Engage your core and keep your chest lifted throughout the movement. Begin the squat by lowering your body down, bending at the hips and knees, as if you were sitting back into a chair. Lower yourself into a narrow squat position by keeping your feet close together. As you come back up, immediately step one foot out to the side, widening your stance into a wide squat position. Remember to maintain proper form throughout the exercise, keeping your back straight, chest lifted, and knees aligned with your toes. Adjust the depth of your squat based on your flexibility and comfort level.

CROSS BODY PUNCHES: Stand with feet shoulder-width apart, knees slightly bent. Bring fists up to shoulder height, elbows bent. Punch diagonally across body, alternating arms. Rotate hips and torso for power. This move can be done with or without weights.

BANDED MARCH WITH PRESS: Secure an exercise band around the midsole of both shoes. Stand with feet hip-width apart, knees slightly bent, and engage your core. Begin by lifting one knee up towards your chest while simultaneously pressing both arms straight forward. This can be done with or without weights.

LATERAL & FRONT SERVERS: Begin by holding a dumbbell in each hand, palms facing up, and standing with your feet shoulder-width apart. Start the movement by performing a half curl, while keeping your palms facing up, push the weights outward at a 45-degree angle from your body. Bring the weights back towards your core, still keeping your palms facing up. Next, press the weights outward at a 90-degree angle from your body, fully extending your arms in front of you.

DOUBLE PULSE CURTSY TO REVERSE LUNGE: Begin by taking a step back and to the side with your right foot, crossing it behind your left leg in a curtsy motion. Bend both knees to lower your body towards the ground, aiming to get your right knee as close to the ground as possible without touching it, while keeping your torso upright. Pause at the bottom of the curtsy lunge and perform two small pulses by lowering your body slightly deeper into the lunge. Push through your left heel to return to the starting position, bringing your right foot back to meet your left foot. Step back with your left foot into a reverse lunge, bending both knees to lower your body towards the ground. Again, pause at the bottom of the lunge and perform two small pulses by lowering your body slightly deeper into the lunge. Push through your right heel to return to the starting position. Repeat this movement by alternating curtsy to reverse lunge.