

30 - MINUTE WORKOUT

Lower Body Warmup (5 minutes)

Jog in Place, Jumping Jacks, Jump Rope

Upper Body Warmup: Small arm circles - 20 reps forward, 20 reps backward. Big circles - 20 reps forward, 20 reps backward.

- 1. Burpees:** Complete 10-15 reps, rest, repeat. Start in low squat position. Kick your feet back to a push-up position. Complete one push-up, return feet to squat position. Leap up as high as possible. Return to squat position. Repeat exercise.
- 2. Leg Squats:** Complete 20 reps, rest, repeat. Start with your feet shoulder width apart, lower your body until it is parallel to the ground keeping your knees over your feet. Perform fast, slow, moderate or jump squats.
- 3. Lunges:** Complete 15 lunges with each leg, rest, repeat. Stand with hands on your hips and feet hip width apart. Step the right leg forward and slowly lower your body until the right knee is close to or touching the floor and bent at least 90 degrees. Return to starting position and repeat with your left leg.
- 4. Push-Ups:** Complete 10-15 reps, rest, repeat.



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Special thanks to LPGA Champion Cindy Schreyer!



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5. **Tricep Dips:** Complete 10-15 reps rest, repeat. Start seated on a chair, grabbing the edge of chair with your feet on the floor. Slowly lift your body keeping your feet on the floor. Lower your body off and below the chair. Push your body back up to the seat height without touching the chair seat.
6. **Superman:** Hold for 10-15 seconds and repeat 5 times. Lie face down with your arms and legs extended. Keep torso still. Raise arms and legs to form a small curve in the body.
7. **Plank:** Hold the position for 30-60 seconds rest then repeat 3 times. Lie face down with your forearms on the floor and hands clasped. Extend the legs behind the body and rise up on your toes. Keep back straight, tight core.
8. **Bicycle Abs:** 20 reps forward, 20 reps backward, rest, repeat. Start seated with knees bent and hands by your side on the floor. Lift both feet off the floor. Slowly create forward cycles with your feet.

Cool Down (2 minutes)

Jog in place, Jumping Jacks, Jump Rope

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