

## Saturday Sweat Week 2: HIIT + Full Body Strength With No Equipment

Warm up: 50 jumping jacks

Circuit 1: (Lower Body)

- Jump Squats
- Calf Raises
- Alternating Leg Jump Lunges
- Bulgarian Split Squat Right Leg
- Bulgarian Split Squat Left Leg

1 MINUTE 15 SECOND REST

Circuit 2: (Upper Body)

- Shoulder Taps
- Tricep Dips
- Burpees
- Mountain Climbers
- Wall Push-Ups

1 MINUTE 15 SECOND REST

Circuit 3: (Core)

- Bicycles
- Plank
- Scissor Kicks
- Sit Up Toe Touches
- Superman

1 MINUTE 15 SECOND REST

Circuit 4: (Cardio Tabata Finisher)

- Jugglers
- Skaters
- Jugglers
- Skaters

Cool Down:

Athletic Stretch or Yoga Stretch (hold 10 seconds each)

### **Athletic Stretch:**

- Touch your Toes and hold
- Hamstring Stretch
- Quad Stretch

- Shoulder Stretch
- Runner's Lunge
- Seated Forward Bend
- Butterfly

**Yoga:**

- Downward Facing Dog
- Child's Pose
- Pigeon
- Cat/Cow
- Supine Twist