|  |  |  |  |
| --- | --- | --- | --- |
| Lower Body & HIIT |  |  |  |
| **Mini Circuit 1** | **Reps** | **Time** | **Rest** |
| Prisoner Squats | 20 |   | 10-15 sec |
| Reverse Lunge with High Knee (both legs) | 20 |   | 10-15 sec |
| Lateral Ski Jumps | 20 |   | 10-15 sec |
| **X 3** | **1 minute between rounds** |
|   |  |  |  |
| **Mini Circuit 2** | **Reps** | **Time** | **Rest** |
| Bulgarian Split Squats | 15 |   | 10-15 sec |
| Lateral Lunge with High Knee (both legs) | 15 |   | 10-15 sec |
| Jump Squats with 1/4 turn | 15 |   | 10-15 sec |
| **X 4** | **1 min 30 sec between rounds** |
|   |  |  |  |
| **Mini Circuit 3** | **Reps** | **Time** | **Rest** |
| 5 Step Duck Walks (forwards/Backwards) | 10 |   | 10-15 sec |
| Assisted Pistol Squats | 10 |   | 10-15 sec |
| High Knees Sprint on Spot |   | 30 Sec | 10-15 sec |
| **X 5** | **2 minutes between rounds** |