**Monday -** *Lower Body*

*30 seconds on each exercise, 30 seconds rest - Repeat x 6 times*

**1. Star Jumps/Jumping Jacks**

**https://www.youtube.com/watch?v=c4DAnQ6DtF8**

1. **Stand straight with your feet together and hands by your sides**
2. **Jump up, spread your feet and bring both hands together above your head.**
3. **Jump again and return to the starting position**
4. **Repeat for 30 seconds**



**2. Squats**

**https://www.youtube.com/watch?v=aclHkVaku9U**

1. **Stand with your feet shoulder width apart.**
2. **Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees.**
3. **Do not let your knees extend beyond your toes**
4. **Press your heels into the floor to return to initial position**
5. **Repeat for 30 seconds**

*To make it more challenging stay down in the squat for 3 seconds*



**3. Lateral Lunge**

[**https://www.youtube.com/watch?v=6ftkR-Zcl0A**](https://www.youtube.com/watch?v=6ftkR-Zcl0A)

1. **Stand with your feet hip-width apart**
2. **Step out to the side with your left leg, bend your left knee and push your hips back.**
3. **Hold the lunge for 3 seconds**
4. **Return to the starting position and repeat the movement with the right leg.**
5. **Keep alternating legs until the 30 seconds is up**



**4. Skipping with a rope**

1. **Hold the rope while keeping your hands at hip level**
2. **Rotate your wrists to swing the rope and jump**
3. **Jump with both feet at the same time**
4. **Engage your abs, keep the upper body straight, knees slightly bent and jump on the balls of your feet.**
5. **Repeat for 30 seconds**