**Thursday –** *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. Jump Squats**

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

1. **Stand with your feet shoulder width apart.**
2. **Bend your knees, press your hips back as if you were going to sit back on a chair.**
3. **Do not let your knees extend beyond your toes**
4. **Pushing through the heels, jump straight up**
5. **Land with your knees slightly bent and go back into the squat position**
6. **Repeat for 30 seconds**



 **3. Glute Bridges**

[**https://www.youtube.com/watch?v=\_leI4qFfPVw**](https://www.youtube.com/watch?v=_leI4qFfPVw)

1. Lie on your back with your hands by your sides and your knees bent
2. Lift your hips off the mat, while keeping your back straight
3. Hold for 3 seconds
4. Return to starting position and repeat until the set is complete



**4. Plank with Arm Raise**

**https://www.youtube.com/watch?v=a1\_fRyavWdA**

1. Start in a plank position with your body in a straight line
2. Keep your spine, head and neck in a neutral position and squeeze your core and glutes
3. Extend one arm and hold for 3 seconds, return to starting position and repeat on other side.



**5. Side Plank**

**https://www.youtube.com/watch?v=IkMmABQ9SkM**

1. Lie on your side with your body fully extended
2. Lift your body off the ground and balance your weight between the forearm and the side of the foot
3. Keep your body in a straight line and hold for as long as you can
4. Hold for 15 seconds and change sides

