

*This workout will hit total body, and can be performed at home, in an office, or a hotel room.*

*Perform 20 reps of each set before continuing on to the next exercise until you complete the entire circuit.*

*Perform 3 full circuits.*

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*If this workout becomes to easy, increase the number of repetitions of each set by 5-10.*

*Equipment: Bodyweight*

## Mountain Climber

Cardio



1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.

2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Flutter Kicks

Abs



• Lie on your back with legs straight out in front, slightly off the floor and your arms by your sides.

1 - Raise one leg straight up about 12 inches off the floor.

2 - Raise the other leg up about 24 inches off the floor.

3 - Continue raising your legs in scissor-like movements until they are straight up.

• Reverse the direction, lowering your legs in scissor-like movements and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Lunge to Reverse Lunge

Legs



1 - Stand upright with your arms by your sides.

2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.

3 - Push off your front foot and step backward with this leg, dropping your knee towards the floor with your weight on your front leg.

• Push off your front foot to return to the start position.

• Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## One Leg Push Up

Chest



1 - Support your body on one foot and hands with your elbows bent and your chest nearly touching the floor with the other foot raised up behind.

2 - Push up to a straight arm position.

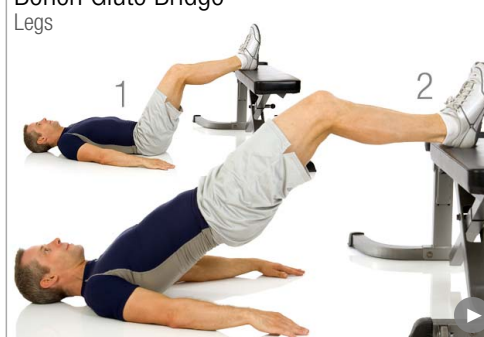
• Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

• Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Bench Glute Bridge

Legs



1 - Lie on your back with your knees bent and feet up on a bench, placing your hands at your sides.

2 - Raise your back and hips off the floor, trying to make a straight line from your knees to your shoulders.

• Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Butt Kickers

Cardio



- Stand upright with your hands by your sides.

1 - Jog in place and rapidly kick your legs high back up behind as if you were trying to kick yourself in the buttocks.

2 - Rapidly alternate legs in a jogging motion.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## One Leg Jack Knife

Abs



1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing one knee in to your chest.

- Try to get your elbows to meet your knee in the middle.
- Lower your upper body and leg, then repeat with the other knee.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Floor Dip

Triceps



- Sit with your legs straight out in front and your hands behind your buttocks.

1 - Raise your hips up off the floor, coming up into a straight position, resting on your hands and heels.

2 - Lower your body toward the floor, bending at the elbows.

3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			