

Warm up for 5 minutes (choose a few moves to get the muscles warm, like squats, lunges, and jumping jacks).

Abs and Obliques Work your way down the list with 30 seconds on each move, followed by 10 seconds rest. Do this 3 times through.

- Side plank hip dips (right side).
- Side plank hip dips (left side).
- Twisted pistons. In plank position, jump both feet toward the left elbow, then back out to plank. Jump to the right elbow. Repeat, back and forth.
- Spider man plank. In plank position, bring your right knee slowly up toward your right elbow, then back. Repeat with the left knee. Keep switching.

Lower Body Round One Work your way down the list with 40 seconds on each move, followed by 10 seconds rest. Do this 3 times through.

- Goblet squats. Feet a little wider than hip width apart, toes angled out. Squat it out, baby!
- Jump squats. Feet shoulder width apart, toes pointed forward. Squat and jump! Repeat.

Lower Body Round Two Work your way down the list with 40 seconds on each move, followed by 10 seconds rest. Do this 3 times through.

- Reverse lunge to knee up (right leg). Lunge right leg to the back, bring the leg forward again, and pull the right knee up so you are standing on your left leg. This one works your balance and abs too!
- Reverse lunge to knee up (left leg).
- Jumping lunges. This is a toughie. Lunge one leg forward and then jump to switch legs. Keep switching back and forth. Modify if you need to!

Finisher Work your way down the list with 30 seconds on each move, followed by 10 seconds rest. Do this 3 times through.

- Burpee squats. In a plank position, do a pushup and then jump your feet toward your elbows, coming up to a squat. Repeat.
- Half burpees. In a plank position, do a pushup and then jump your feet toward your elbows. Jump your feet back out and repeat.

Stretch for 3-5 minutes.