

WORKOUT #1: CARDIO, MANMAKERS, STRENGTH & CORE

CARDIO:

180 Squat Jump (1:00 min)
High Knee Run (30 sec)
Plyo Lunge (1:00 min)
1,2, Knee (30 sec)
Skater Touchdown (1:00 min)
Ladder Run (30 sec)

CHALLENGE:

Manmakers (2:00 min)

STRENGTH & CORE:

Clockwise Pushups (1:00 min)
Side Lunge + Knee (R) (1:00 min)
Side Lunge + Knee (L) (1:00 min)
One Arm Curl (R) (1:00 min)
One Arm Curl (L) (1:00 min)
Reverse Lunge + Knee (R) (1:00 min)
Reverse Lunge + Knee (L) (1:00 min)
Diagonal Raise (R) (1:00 min)
Diagonal Raise (L) (1:00 min)
SB Hover Knee Ins (1:00 min)
Side SB V-Ups (R) (1:00 min)
Side SB V-Ups (L) (1:00 min)

REPEAT 1-2x

April Eve **FITNESS**