

WORKOUT #1: CARDIO, MANMAKERS, STRENGTH & CORE (LOW IMPACT)

CARDIO:

Squat Touchdown (1:00 min)
High Knee March (30 sec)
Alt Forward Stepping Lunge(1:00 min)
Stepovers (30 sec)
Skater Touchdown (1:00 min)
Fast Feet (30 sec)

CHALLENGE:

Intermediate or Low Option
Manmakers (2:00 min)

STRENGTH & CORE:

Knee 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 Hold or Hover Hold on
Floor (1:00 min)
Modified Side SB V-Ups (R) (1:00 min)
Modified Side SB V-Ups (L) (1:00 min)

REPEAT 1-2x

April Eve **FITNESS**