

WORKOUT #3: APRIL'S PLYO & ABS CIRCUIT

1. Squat Jumps (20x)
2. Crunches (20x)
3. Box Jumps (15x)
4. Straight Leg Lifts (20x)
5. Broad Jumps (15x)
6. Seated Knee Ins (20x)
7. Straddle Jumps on Bench (15x)
8. Russian Twist (20x each side)
9. Skaters (15x each side)
10. Crossover Straight Leg Reach (R) (20x)
11. Tuck Jumps (15x)
12. Crossover Straight Leg Reach (L) (20x)
13. Plyo Lunges (20x each side)
14. Side V-Ups (R) (20x)
15. Single Leg 4 Point Box Hops (R) (10x)
16. Side V-Ups (L) (20x)
17. Single Leg 4 Point Box Hops (L) (10x)
18. Pike to Plank Straddle Jump (15x)

REPEAT 1X

April Eve FITNESS