

12 crunches...roll over the right shoulder to your plank (on hands) Counts 1-8 next 1-4 roll 5-8

2 push ups (or 4 for the older ones) Counts 1-4

Drop to elbows plank and hold Counts 5-8 keep holding 1-4

Lower down roll back over R shoulder to lie on back Counts 5-8

4 sets of that!

For where it is applicable: 1st and 3rd set elbows in to body for push ups

2nd and 4th set finger tips/elbows out for push ups

After 4th set you stay on elbows. Double tap the right leg out and back in. Double tap the left leg out and in. 2 sets each leg. Single taps out and in changing legs for 6 counts. Coming up to your plank (hands) to start Mountain Climbers for 6/8s.

After mountain climbers we Hover and Hold for an 8 count. Elbows in to body, body is a few inches off the floor. Roll over your right shoulder to your back.

Sitting all the way up arms come to 5th position. Up for 4, down for 4 counts. You do this 4 times.

Next 4 sets you add a torso twist. Sit all the way, torso twist to the right opening arms in second, come back to face the front arms come back to fifth. Lower it down. All done in 8 counts.
R,L,R,L

Continuing torso twist you add a leg lift parallel attitude, R,L,R,L

Sitting all the way up both legs off of the floor parallel attitude. Sit and stay for 8 counts.

You extend all the way out and full it all the way in sitting upright. So, long and lower back towards floor while legs extend straight in front of you. Sit all the way back up to starting position. You do this 8 times.

Lower down, to bicycles for about 4/8s I believe.

Rolling over to your right side you do side crunches for 8. Changing sides R,L,R,L

On your back you reach R arm across, up to the center, reach l arm across lay flat to back. Start to the L, center, R, to your back. You repeat this about 6 times. Each set includes reaching to both sides.

Last thing!!! You sit all the way up counts 1-3 you clap on 4 you rock R,L,R,L to lower all the way down to the floor. You do this for 3 sets. On the 4th set you do the first part up to the clap the lower half way feet off the floor clasping hands together tapping hands R,L for 4 quick 8s than lower to the floor. Start everything to the L and then YOUR DONE!!!

