**Total time:** 12 minutes  

**Equipment needed:**  
- Yoga or exercise mat

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**WARM UP**  
- Walking toe touch (5 each side)  
- Arm circles (10 forward, 10 backwards)  
- Burpees (10)

**WORKOUT (repeat 2x)**  
- Reverse lunge to high knee (10 each leg)  
- Body weight squat (10)  
- Pushups (10)  
- Mountain climbers (10 each knee)

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**EXERCISE TIPS**  
- **Walking toe touch:** Start in a standing position. Kick one leg up to meet the opposite arm that is outstretched in front of you. Step and repeat on other side.  
- **Arm circles:** Swing your arms in a circular motion forward and backward while standing.  
- **Burpees:** Start in a standing position with your feet shoulder-width apart. Lower into a squat position and then place your hands on the ground near your feet. Jump your feet backwards into a plank position and then jump your feet back towards your hands. Jump into the air with your hands above your head and return to the beginning position.  
- **Reverse lunge with knee up:** Take a large step backwards and lower your knee toward the floor. Then, push through the heel of your front leg and drive the other leg up towards your chest.  
- **Body weight squat:** Start with your feet shoulder-width apart and toes pointed slightly outward. While keeping your back straight, sit back with your hips and push your knees out as you lower yourself into a squat.  
- **Pushups:** Start in a high plank position with your arms shoulder width apart. Begin to lower yourself while keeping your back flat. While keeping your core engaged, push yourself back up into the starting position.  
- **Mountain climbers:** Begin in a high plank position. Quickly draw your knee to your chest and extend the leg back out. Repeat with the other leg.
WEEK 7: WORKOUT HOW-TO’S

Walking Toe Touches
Arm Circles

Burpees
Reverse lunges w/ knee up

Squats
Pushups
Mountain Climbers