

Stacy Munn's No Equipment Workout #02

Warm-up

Jogging, knees up, heels to butt, jacks, fast feet out and in, squat hop out and in

1 leg squat

Feet wide, shoulder to opposite knee, speed skaters

:60 Mountain climbers, knees to chest inside arms, then outside arms

:60 Squat with leg lift to side (change sides at :30)

:60 1-2-3 Push-ups

:60 Lunge matrix L

:60 Lunge matrix R

:60 Burpees

:60 Supine, hands behind on floor, lift hips off floor, legs straight. Lift and lower left leg for :30, change to Right leg for :30.

:60 Superman plank

:60 Moens (change at :30)

:60 Split stance lunges or split jumps (change at :30)

:60 Plank walk

:60 Jacks

:60 Footprint to ceiling

:60 Fast feet out and in (change at :30)

:60 Supine bridge and lift Left leg for :30, Right leg for :30

---Repeat from mountain climbers---

Russian Twist 30x

Leg Press

V-sit hold for 10 cts

Sweep arms around and pulse (like hundreds) for 10 cts.

Legs in L position, switch leg position on my count 26x

Bicycle abs