**Barre 3/19/20 (weights optional)**

**Warm-Up – arms up**

20 sec knee ups - add arms - add twist - squat - add 8x pulse

wide squat - add 8x pulse - arms up - wide squat - add 8x pulse

arm circle - raise roof - arm circle back - tricep pulse

**Center of Room**

30 sec B lunge - mid/full - pulse - tap R:L - deadlift - add knee

slow knee drive - wide squat - mid/full - pulse - hold/releve

pulse - squat jump - **Repeat L lunge** - **wght (optional)** - squat/arm F - squat/overhead - squat/press out - **turn lunge**

lunge/push pull - add ext B - hold/pulse tricep - **Repeat -** chair tap R - chair - tap L - step S lunge - lift/lower R - **Repeat L wghts/wide hold** - press up - add squat - pulse - fly - add squat - pulse - hammer - add chair - pulse - **wght down** - squat arms wide - mid/full - pulse - hold/releve - pulse - squat jump

**Core Center**

30 sec knee pulls - F extension - rainbow - elbow/knee - pick up pace - squat/punch - **Repeat**

**Early Morning Workout 3/23**

**(no equipment) video taped**

**1 min each move**

Mountain Climbers - squat with cross punch

Burpees - elbow/knee R

Jumping jacks - push ups

Split jumps - elbow/knee L

Plank jacks - chair/wide squat

Jump squats - tricep dips

High knees - plank hold

Plank walk outs - 1 legged deadlift R

Butt kicks - 1 legged deadlift L

**Repeat each move 45 secs**

**Repeat each move 30 secs**

**Early Morning**

**Did not video tape**

**Warm Up 45 sec each (5min)**

High knee march

Plank walk out

Mt. Climbers

Boxer shuffle

Jumping jacks

**Interval 1 Ladder 50-40-30-20-10/15 sec rest (8min)**

Burpees

Pop squats (touch ground in squat)

**Interval 2 Pyramid 10-20-30-40-30-20-10/15 sec rest (8min)**

Push up/knee to elbow

Star Jumps

**Interval 3 Tabata 20/10**

Skaters – plank

Sumo Squat w/side ext – jumping jacks

Split jumps – Agility Dots

Side plank toe touches – High knees

Rocket Squat – Seal Jack