**Wednesday, March 18, 2020**

Format: 3 minutes cardio

 3 minutes strength

 Quick transition between moves

 Make as intense if you need (low to moderate by keeping one foot on

the ground at all times, add a hop to make it more intense)

Equipment: mat

Music: Spotify (search “Nonstop Aerobics”) or any other music mixed to

approximately 140 BPM

3 minute warm up, starting with low intensity and increasing every 30 seconds. Suggested moves, in order of intensity, include: heel taps, side steps, grapevines, ham curls, jump ropes, jogs in place, and jumping jacks.

**Round 1 – 1 minute per exercise**

Jump ropes

Seal jacks (very strong arms to front)

8 counts each of jump ropes and seal jacks

Push ups (elbows close to sides)

Tricep dips (fingers pointed toward heels)

Raise the roof

**Round 2 – 1 minute per exercise**

Side to side squats (squat R, 2 hops in middle, squat L)

Alternating knee lifts (strong arms down and up)

16 counts side to side squats (2 sets) and 8 knee lifts

Rainbow (bend at waist, hips stay square to front)

Reaches side to side (on back, lower back pressed down to mat, reaching for outside of

knees)

Straight plank (on forearms or hands)

**Round 3 – 1 minute per exercise**

4 wide steps forward + 8 small and narrow hops back

Ham curls

4 wide steps forward, 8 small hops back, 8 ham curls

Wide Sumo squat slow and controlled (keep knees behind toes, chest and chin up, weight pressed down through inner thighs and through heels)

Wide Sumo squat pulses (keep knees behind toes, chest and chin up, weight pressed down through inner thighs and through heels)

Wide squat down slowly, 2 counts up (keep knees behind toes, chest and chin up, weight pressed down through inner thighs and through heels)

**Round 4 – 1 minute per exercise**

Single side step x 2 + grapevine (add hop if you need it more intense)

Lunge backs side to side (long body, reaching from fingertips to toes)

Single side steps x 2, grapevine over and back + 8 lunge backs side to side

Alternate arms circles front, arm circles back, raise the roof, and tricep press backs (32 counts each) (keep arms locked in and strong like you’re in water)

**Round 5 – 1 minute per exercise**

Scissor steps with cross over arms at shoulder height

Small side to side hops with strong arms locked at sides (a mini mogel)

4 scissor steps + 4 small side to side hops

R elbow to R knee at side – very slow and controlled

L elbow to L knee at side – very slow and controlled

Plank with marches

**Round 6 – 1 minute per exercise**

Happy feet wide (get your feet up very quickly)

180 jacks

8 counts happy feet + 4 180 jacks

Chair squats – slow and controlled (knees behind toes, sit butt back, chest and chin up)

Chair squat pulses (knees behind toes, sit butt back, chest and chin up)

Uptempo toe taps R 30 seconds, L 30 seconds (keep a good bend in the supporting leg)

Cool down and stretch