

Sample: Red Swordtail

BODYWEIGHT BUTT + GUT

3X 45 SECONDS

Get 1:

BALLERINA SQUAT

- STAND WITH YOUR FEET WIDER THAN SHOULDER-WIDTH APART AND TOES POINTED OUTWARD.
- EXTEND YOUR ARMS OUT TO THE SIDES OR OVERHEAD.
- LOWER INTO A SQUAT, KEEPING YOUR KNEES TRACKING OVER YOUR TOES.
- RISE BACK UP TO THE STARTING POSITION.

STANDING OBLIQUE SQUAT

- STAND WITH YOUR FEET HIP-WIDTH APART AND HANDS BEHIND YOUR HEAD OR CROSSED OVER YOUR CHEST.
- ENGAGE YOUR CORE AND LIFT YOUR RIGHT KNEE TOWARDS YOUR RIGHT ELBOW, PERFORMING A SIDE CRUNCH.
- RETURN TO THE STARTING POSITION AND SWITCH SIDES.

BUTTERFLY SQUAT PULSE

- STAND WITH YOUR FEET WIDER THAN SHOULDER-WIDTH APART AND TOES POINTED OUTWARD.
- BRING YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST.
- LOWER INTO A SQUAT POSITION, KEEPING YOUR CHEST UP AND BACK STRAIGHT.
- PULSE UP AND DOWN IN THE SQUAT POSITION



Need an extra challenge? Try adding a resistance band.

Sample Red Gworottail

BODYWEIGHT BUTT + GUT

3X 45 SECONDS

Get 2:

BALLERINA SQUAT

- STAND WITH YOUR FEET WIDER THAN SHOULDER-WIDTH APART AND TOES POINTED OUTWARD.
- EXTEND YOUR ARMS OUT TO THE SIDES OR OVERHEAD.
- LOWER INTO A SQUAT, KEEPING YOUR KNEES TRACKING OVER YOUR TOES.
- RISE BACK UP TO THE STARTING POSITION.

STANDING OBLIQUE SQUAT

- STAND WITH YOUR FEET HIP-WIDTH APART AND HANDS BEHIND YOUR HEAD OR CROSSED OVER YOUR CHEST.
- ENGAGE YOUR CORE AND LIFT YOUR RIGHT KNEE TOWARDS YOUR RIGHT ELBOW, PERFORMING A SIDE CRUNCH.
- RETURN TO THE STARTING POSITION AND SWITCH SIDES.

BUTTERFLY SQUAT PULSE

- STAND WITH YOUR FEET WIDER THAN SHOULDER-WIDTH APART AND TOES POINTED OUTWARD.
- BRING YOUR PALMS TOGETHER IN FRONT OF YOUR CHEST.
- LOWER INTO A SQUAT POSITION, KEEPING YOUR CHEST UP AND BACK STRAIGHT.
- PULSE UP AND DOWN IN THE SQUAT POSITION



Need an extra challenge? Try adding a resistance band.