



# Basics, Basics, Basics

## Weeks 1-6

### Workout 1

General Fitness and Shapes

20 Minute Warmup

Complete 1 circuit

#### Part 1

Name	Reps/Minute
Slow High Knee March	1 minute
Basic High Knees	1 minute
Run For Speed	6 passes
High Skipping	6 passes
Skipping for Speed	4 passes
High Jumps	10

#### Part 2

Name	Reps/Minute
Plank From Knees	30 seconds
Side Plank Holds Knees	30 seconds
Reverse Plank Table	30 seconds
Slow Crawls	4 passes
Crawls backwards	2 passes
Crab walks backward	2 passes

#### Part 3

Name	Reps/Minute
Squat	10
Lunge	10 each leg
Side Lunge	10 each leg
Calf Raises	20 each leg
Push up from knees	15
Dips	10

#### Part 4

Name	Reps/Minute
Assisted Pull Up	10
Chin Hold Tuck	10 seconds
Push Up	5-10
Full Sit up	10-20
Hollow Hold	10
Superman Hold (arch hold)	10 seconds