



WEEK 1: Animal Movements
45 sec work, 15 sec rest

WORKOUT

Warm Up

Seal Jacks

Frog Jumps

Gorilla Walks

Duck Walk

Inchworm Push-up

Clams

Bear Crawl

Plank - Down Dog

Bird Dog

Sun Salutation - Updog

Monkey Circles

Flamingo (switch halfway)

Crab Crawl

Cat-Cow

Donkey Kicks

Cooldown

Downdog - Single Leg Dog - Pigeon (repeat other side)

Starfish

Butterfly

Eagle (repeat other side)

Crouching tiger - plank - turtle

Elephant dangle

