Balance & Flexibility Circuit one
It may hurt now, but one day it will be your warm up

Day 16

1. Flying lunge
   **Note:** Activate your core at all times by drawing your navel towards the spine. Come to a lunge & from here jump to switch side. This is really challenging, so be extra focused & keep the pace up. It’s a ”flying” pose & it’s gonna make you sweat in no time.
   **Muscles working:** Full body & balance

2. Dragon
   **Note:** Stand up straight and lift one leg. With resistance, come to a T-pose. Come back to starting pose. Repeat. Do 20 sec on each leg.
   **Muscles working:** Legs & balance

3. Sideplank
   **Note:** Come to a side plank. Lift your hips & open up your chest. Stay still for five seconds on each side before you switch side.
   **Muscles working:** Core & balance
Upper body Circuit one
Don’t limit your challenges, challenge your limits

Day 22

1. Mountain climber
Note: Begin in plank pose. ”Run” in the air by drawing your knee towards your chest. Keep up the pace. This is a sweaty one.
   Muscles working: Core, cardio & arms

2. Froggie with jump
Note: Come to a plank pose, with your feet wide. Jump to a froggie pose like pic #1b. Jump (or step) back. Jump from side to side.
   Muscles working: Full body, core & arms

3. Squat jump
Note: Come to a squat, with your weight on your heels. With all your power, push yourself up & land softly. Keep your pace up.
   Muscles working: Legs & cardio
Legs circuit one
”Keep your eyes on the stars & your feet on the ground”

Theodore Roosevelt

Day 39

1. Overhead squat
   Note: Toes & knees in the same direction.
   Weight on your heels.
   Lift your arms while squatting.
   Muscles working: Core & legs

2. Plank to armpit
   Note: Come to a high plank. Swish legs by drawing them towards your armpit.
   Muscles working: Core & legs

3. Starfish
   Note: Make sure you activate your core at all times by drawing your navel towards your spine. Inhale, open up the body like a starfish. Exhale, curl up. Do 20 seconds on each leg.
   Muscles working: Core, legs & balance
Click on the links for a Yoga film sneak peek 💜

Stream:  https://youtu.be/HoOZLrGVQE8
Download:  https://drive.google.com/open?id=0B1xuD9t8jE66djl3a1pTNkJjY3M