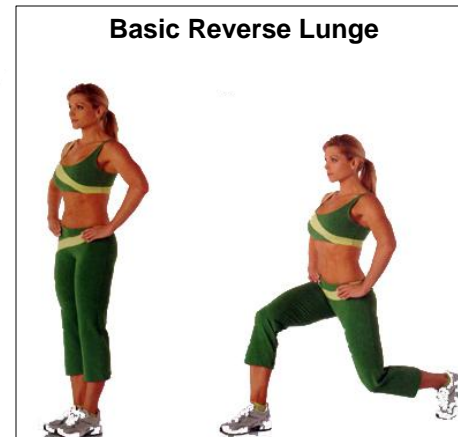
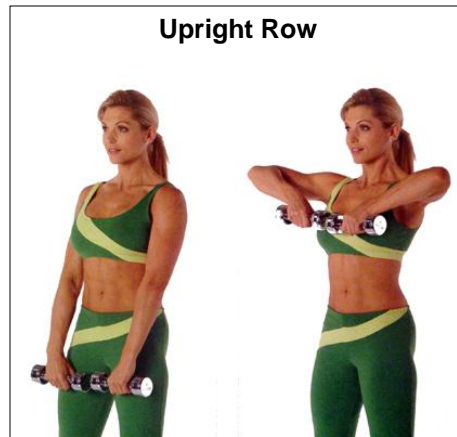
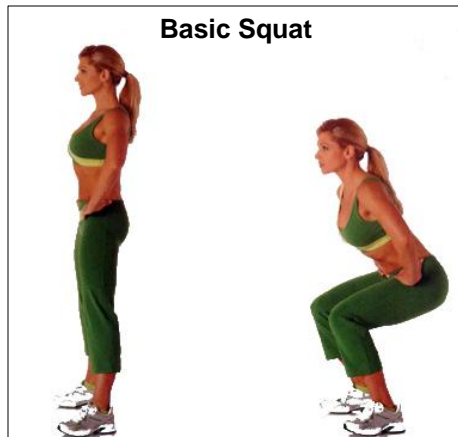
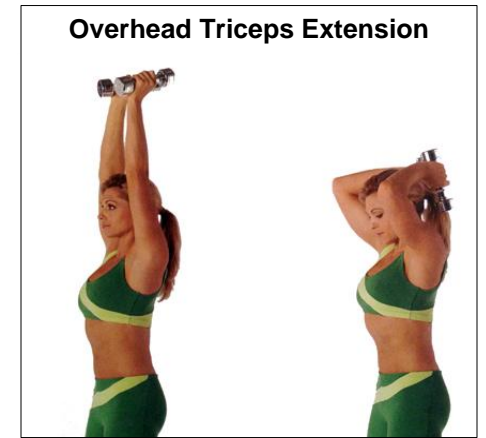
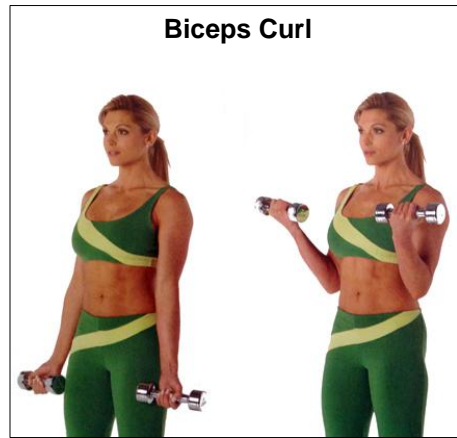


Circuit 1

Level 1



Rotate palms as you raise weights



User your arms if needed

Circuit 2

Level 1

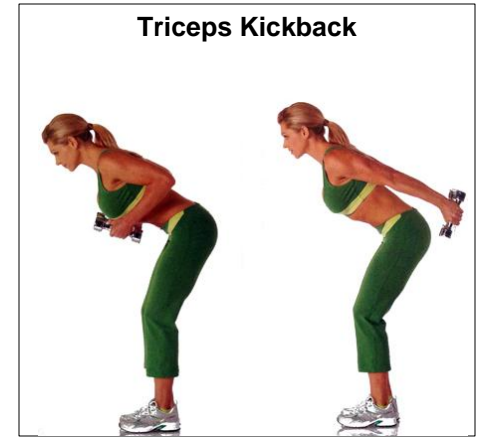
Strongman Curl



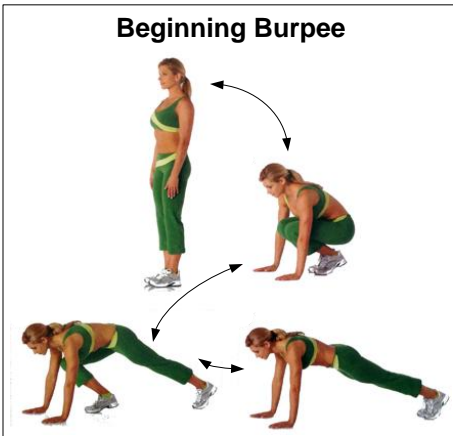
Starter Speed Skate



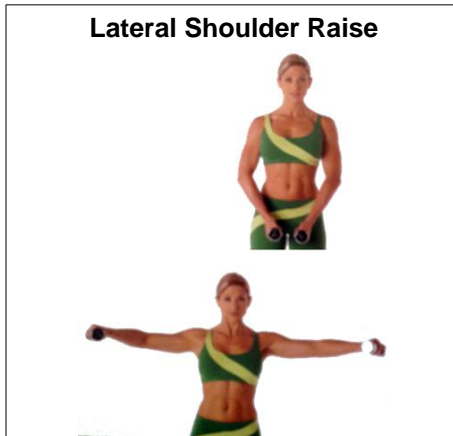
Triceps Kickback



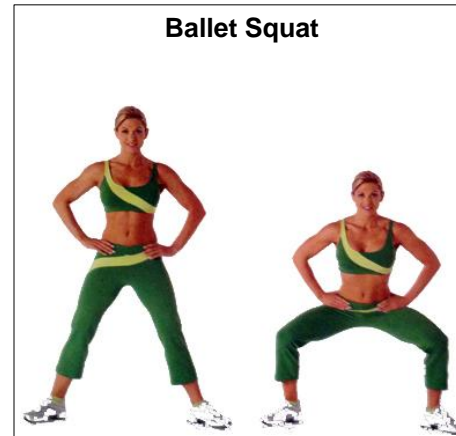
Beginning Burpee



Lateral Shoulder Raise



Ballet Squat



90-Degree Chest Fly



Keep feet flat, squeeze gluts as you raise up

Close Squat



Front Shoulder Raise



Basic March



Lower Body / Cardio Level 1

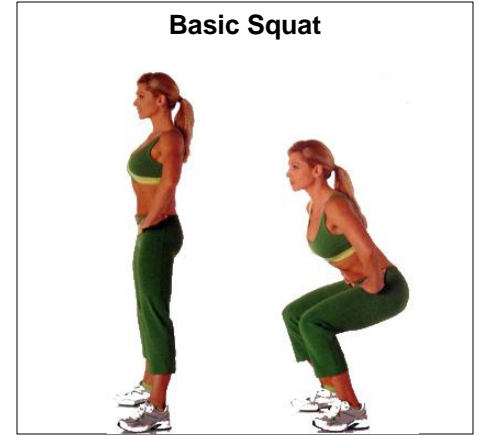
Basic March



Step Touch



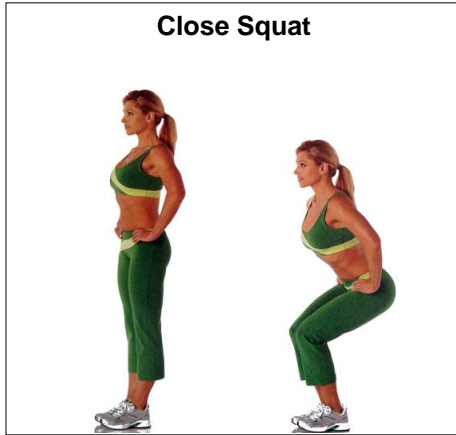
Basic Squat



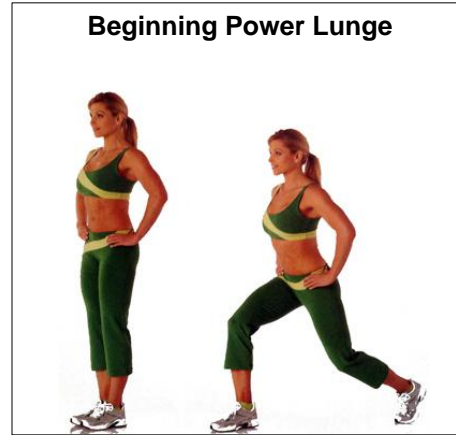
Beginning Side Lunge



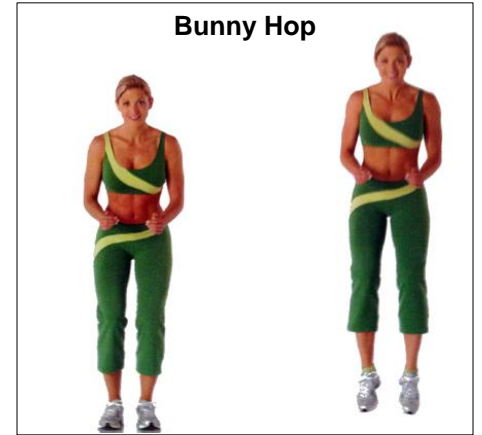
Close Squat



Beginning Power Lunge



Bunny Hop

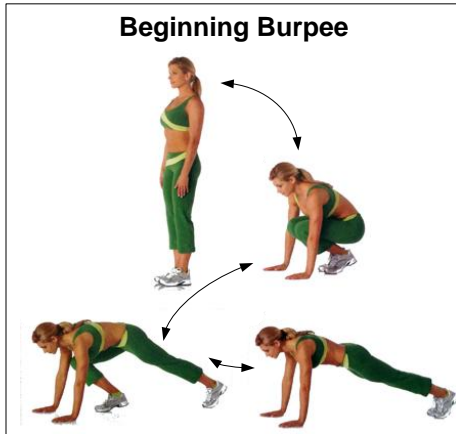


User your arms if needed

Starter Speed Skate



Beginning Burpee



Half Jack



Trouble Spots

Level 1

Girlly Push-Up



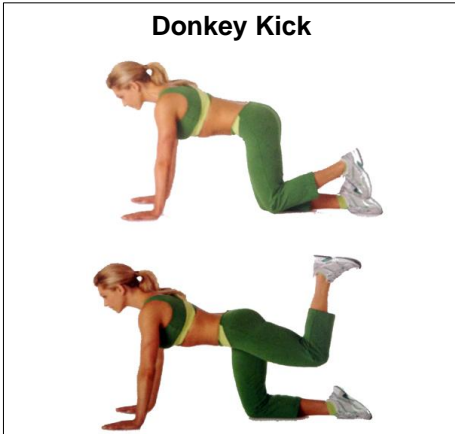
Beginning Superman



Half Plank



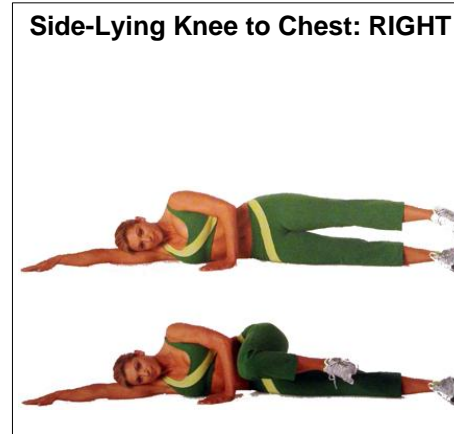
Donkey Kick



Side-Lying Leg Lift: RIGHT



Side-Lying Knee to Chest: RIGHT



Side-Lying Leg Lift: LEFT

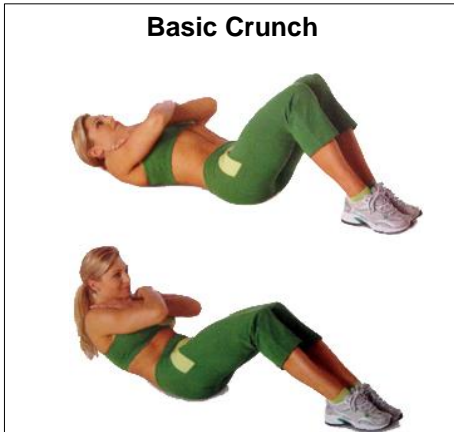


Use your arms if needed

Side-Lying Knee to Chest: LEFT



Basic Crunch



Ab Cycle

