

Hoos 45!

Beginning with a cardio burst, this prop-free circuit workout is designed to warm, strengthen, and cool your entire body in 45 minutes.

Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete all 4 circuits before repeating all the circuits through once more. Finish with 5 minutes of stretching.

1. Cardio Circuit	2. Lower Body Circuit	3. Upper Body Circuit	4. Core Circuit	Repeat Circuits 1 – 4 once
Jumping Jacks	Walking Lunges	Push Ups	Spiderman Plank	
High Knees	Squat Pulses	Walkouts	Russian Twists	
Butt Kickers	Curtsey Lunges alt. sides	Tricep Dips	Crunches	
Jump Rope	Quick Feet	Plank with Shoulder Taps alt. sides	Superman Hold	
Burpees	Squats	Speedbag Punches	Forearm Plank	