

Club LYL January Workouts

Total Body Burn

Perform exercise A for the prescribed number of reps before moving on to exercise B. Repeat 2x before moving on to the next Super Set.

Super Set I:

- A) 1-Leg Inchworm w/ Cross Body Crunch - 8 reps per side***
- B) Reverse Lunge w/ Forward Kick - 10 reps per side***

Super Set II:

- A) Downdog Push-up w/ Tap - 8 reps per side***
- B) Low Jacks w/ Touch Down***

Super Set III:

- A) Cross Body Knee to Elbow w/ Glute Raise - 8 reps per side***
- B) Leg Flitters - 20 reps***

FINISHER:

- Pike Step-To-Stand - 10 reps***
- Mermaid Crunch - 10 reps per side***
- Rock & Roll To Stand - 10 reps***
(repeat 1x)

(Optional) Finish with 20 minutes of Cardio, your choice!