

DRYLAND MINI SETS

Basic

4x

25 sit ups
10 push ups
20 squat jumps in streamline

All Legs

3x

20 Squats
15 leg lifts
20 broad jumps
:30 flutter kick
20 side lunges
1:00 wall sit in streamline

All Arms

3x

15 push ups
20 bird dogs
20 tricep dips
1:00 straight arm plank

Cardio Mini Set

4x

1:00 jumping jacks
:45 mountain climbers
20 streamline squat jumps
1:00 high knees

7 Min Abs

1:00 plank
1:00 sit ups
1:00 side plank L side
1:00 leg lifts
1:00 side plank R side
1:00 flutter kicks
1:00 russian twist