

Workout #1

| Super Set #1 | Sets | Reps | Intensity | Description |
|--------------------|------|------|--------------------------|--|
| Lateral Walks | 2 | 1 | 15 seconds on each side | <ol style="list-style-type: none"> Stand with your feet hip-width apart and slightly bend your knees Take a step to the right with your right foot till your feet are shoulder-width apart Take a step to the right with your left foot till your feet are hip-width apart Repeat and switch to the left |
| Obliques Stretch | 2 | 1 | 30 second hold each side | <ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart. Place your right hand on your hip and raise your left arm Incline your torso to the right until you feel a stretch Repeat and switch to the left |
| Arm Cross Sidestep | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Stand tall with your feet shoulder-width apart and your arms horizontally to the sides Step out to the side with your right leg and cross your arms at the front Return to the starting position and repeat with your left leg |
| Super Set #2 | Sets | Reps | Intensity | Description |

Forward