

Workout #1

Super Set #1	Sets	Reps	Intensity	Description
Forward Lunges	2	6 each leg	Bodyweight	<ol style="list-style-type: none"> 1. Stand with your feet hip-width apart 2. Take a step forward and then bend both knees until your back knee is just above the floor 3. Stand back up, repeat and switch legs
High Knee	2	1	30 seconds	<ol style="list-style-type: none"> 1. Stand straight with your feet shoulder-width apart 2. Bring your knees up to waist level and then land on the balls of your feet
Heel Touches	2	20	Bodyweight	<ol style="list-style-type: none"> 1. Lie on your back, keep your knees bent, arms at the sides, and keep your back and feet flat on the mat 2.