

<b>BURN 12 - Hand Weights</b>					
<b>Warm Up - 1 song</b>	Select from workout library				
<b>Lower Body 1 2 songs</b>	<b>Set-up:</b>	<i>Holding onto Hand Weights</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	2x Plies with overhead arms + 2x Plies with single arm	2x Squat with front arm raise + 1x deadlift	Diagonal leg lifts + Diagonal pulses	Sumo squat 1 heal off - pass weight under leg	
<b>Lower Body 2 2 songs</b>	<b>Set-up:</b>	<i>Holding onto Hand Weights</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Front step lunge with shoulder press to back lunge with bicep curl	Lunge Pulses x3 up to rise with shoulder press	Side lunge to curtsy lunge	Curtsy lunge pulses-Arms up, side, low	
<b>Upper Body 2 songs</b>	<b>Set-up:</b>	<i>Weight in each hand</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Front arm raise with one arm to side & lower	Open to V to front arm press	Bicep curl to shoulder press	Overhead Tricep extensions + pulses	
<b>Upper Body 2 songs</b>	<b>Set-up:</b>	<i>Weight in each hand</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Double arm press R+L drop to press up position 4x Press ups	Side arm raises x4 drop to floor-Tricep Dips	Arm vibrations - Front, high, low.	4x side arm lifts + 2x tricep swings	
<b>Cardio 2 songs</b>	<b>Set-up:</b>	<i>Weights on floor in front</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Squat Jumps in and out	Squat to weight tap + side kick	Step back lunges with full weighted arm raise	4x Shuffle + 2x Star Jumps	
<b>Cardio 2 songs</b>	<b>Set-up:</b>	<i>Weights in hand</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	4x Overhead Arm Pumps R+L	Runs with bicep curl	Squats - crossed arms	Burpee + Walk the feet	

Lower Body 2 songs	<b>Set-up:</b>	<i>Weight tucked in behind knee</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Side + back donkey kicks	Back donkey kick pulses	Floor side + Back donkey kicks (knees off)	Side donkey kick pulses	
Core 2 songs	<b>Set-up:</b>	<i>All fours, one weight in hand</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Extended leg tap with arm tap	Cross leg behind to side kick	Side inner thigh leg lifts	Hip bridges x2 + hip bridge hold	
	Note				
Core 2 songs	<b>Set-up:</b>	<i>On one knee &amp; hand, weight in hand</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Foot tap with stretch	Lying side crunch	Crunches	Leg extensions on elbows	
Cool Down	<b>Set-up:</b>	<i>Plank position</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Plank with leg step out & in's	Plank Rock	On back side oblique crunches	Up to elbows - leg circles	