

BURN 11 - Ankle Weights					
Warm Up - 1 song	Select from workout library				
Lower Body 1 2 songs	Set-up:	<i>Ankle weights on legs, feet hip width apart</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		4 Side leg lifts + out - in - out squat	3 front knee lifts + squat	Squat Box step + Squat floor tap	Side walks x2
Lower Body 2	Set-up:	<i>Ankle weights on legs, feet hip width apart</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		2 back taps + 1 lunge with back kick	2 Side taps + 1 squat side leg kick	Side leg lifts + Pulses	Back leg lifts + Pulses
Upper Body	Set-up:	<i>Ankle weights around arms</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Bicep curl + Front Arm Push	Cross arms x3 with squat	Bicep curls in lunge	Open closes + Middle Pulses
Upper Body 2 songs	Set-up:	<i>Ankle Weights around arms</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Side step squat with low tricep extentions	Side Tricep Swings	Arms wide V to small V	Overhead Extentions
Cardio	Set-up:	<i>Ankle weights placed on floor in front</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		2 ski runs + Pick up weight to overhead	4x runs 2x reaches	Squat Jump + Pick up weight overhead press	Squats
Cardio 2 songs	Set-up:	<i>Ankle weights placed on floor in front</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		4x toe tap runs with 2x starjumps	Frog Jump 4x shuffle backs	Step lunges	2x Bear squats 8x Mountain Climber runs

Lower Body 2 songs	Set-up:	<i>Standing upright, ankle weights around ankles</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Single leg dead lift	Standing donkey kicks x2 Donkey Kick Pulses x2	Floor side donkey kicks x2 Side donkey pulses	extended leg lifts x4 + Superman	
Core 2 songs	Set-up:	<i>Lying on side, ankle weights around ankles</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Knee tuck + Side leg lift	Knee tuck + Behind leg lift	Inner thigh leg lits + Pulses	Clam shells	
Note	All Exercises on Right then all on Left				
Core 2 songs	Set-up:	<i>Lying on back</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Crunch + Hip Bridge	Full Crunch to upright position	Boat pose 100's + Arms up-down	Plank with knee drops	
Cool Down	Set-up:	<i>Side plank position</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Side plank with dips	Side leg lifts with upperbody reach	Oblique ankle taps	Leg slides	