

BURN 8 - Ankle Weights

Lower Body 1 2 songs	Set-up:	Exercise 1 Squat + Lunge	Exercise 2 Lunge with back kick	Exercise 3 Lunge Pulses x3 rotate to knee lift	Exercise 4 Back leg taps
	Set-up:	Exercise 1 2 side walks with side leg kick	Exercise 2 Single side leg lifts	Exercise 3 3x side leg taps + Arm Raises with Knee tuck	Exercise 4 Squat Pulses
Upper Body 2 songs	Set-up:	<i>Ankle Weights in Hands</i> Exercise 1 Shoulder press + Sumo Squat	Exercise 2 Open Closes with arms	Exercise 3 Down to press up - Walk hand out Press + Tricep Press	Exercise 4 Plank Side walks to downdog
	Set-up:	<i>Ankle Weights in hand</i> Exercise 1 Scarecrow + Tricep Swing	Exercise 2 Tricep Swing Pulses	Exercise 3 Overhead Tricep Extension	Exercise 4 Closed Shoulder Press Pulses
Cardio 2 songs	Set-up:	<i>No Weights</i> Exercise 1 Walk Outs + knee Taps +2x Squat Jumps	Exercise 2 2x Front Kicks + Tap backs with floor taps	Exercise 3 Frog Jump forward with shuffle back	Exercise 4 Guard up 4 ducks forward + 4 ducks back
	Set-up:	<i>Weights on the floor in front</i> Exercise 1 Star Jump with hand Weight tap	Exercise 2 Double knee pulls + 4 star jumps	Exercise 3 Jump Side to side of weights	Exercise 4 Squat 360 Rotations

Lower Body 2 songs	Set-up:	<i>Weights around ankles</i>						
	Exercise 1	3x Curtsy Pulses with hand tap	Exercise 2	Curtsy side knee lift	Exercise 3	3x step curtsys with standing reach	Exercise 4	Squat with hamstring curls
	Set-up:	<i>Lay on Side, top leg crossed over bottom leg</i>						
	Exercise 1	Inner Thigh Pushes	Exercise 2	Inner thigh leg lifts	Exercise 3	Inner thigh Circles	Exercise 4	Clam shells + Single leg push
	Note	All Exercises on Right then all on Left						
Core 2 songs	Set-up:	<i>Side Plank Positon</i>						
	Exercise 1	Side knee to elbow + Front plank knee to elbow	Exercise 2	Side Plank with dips - On forearm	Exercise 3	Flat on tummy, back extentions with arms/legs in and out	Exercise 4	Comondo Planks up and down
	Set-up:	<i>Sitting, forearms on floor, legs extended</i>						
	Exercise 1	Knee tucks in and out	Exercise 2	Table top crunches	Exercise 3	Elbow to knee	Exercise 4	Legs extended to ceiling - Crunch Reaches