

		<b>BURN 10 - Sliders</b>			
<b>Warm Up - 1 song</b>		Select from workout library			
<b>Lower Body 1 2 songs</b>	<b>Set-up:</b>	<i>Slider under each foot, fett hip width apart</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		2x slide squat steps + Slow back lunge	Stepping Squats over sliders	Squat pulses	Squat slider tap + 2x pulses
<b>Lower Body 2</b>	<b>Set-up:</b>	<i>Slider under one foot, fett hip width apart</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		Curtsey lunge + twist to lunge	Lunge pulses	Slide in and out	Lunge with back leg kick
<b>Upper Body</b>	<b>Set-up:</b>	<i>Press up position, Slider under hands</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		Press up slide one arm In and out	Slide to cobra + Slide to cobra with arm raise	Side lying press ups	Side lying press up pulses
<b>Upper Body</b> 2 songs	<b>Set-up:</b>	<i>On knees, hold on to sliders</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		Low Tricep swings + Tricep swing pulses	Side arm Rotations - One knee on floor	Shoulder Press - Standing	Open & Close arms
<b>Cardio</b> 2 songs	<b>Set-up:</b>	<i>No sliders</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		Suffle forward 2x star jumps	2x back lunges + burpee	Mountain Climbers	Lizards
<b>Cardio</b> 2 songs	<b>Set-up:</b>	<i>Standing over sliders</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
		Star jumps in and out over sliders	Step Curtsey with slider touch	Squats x4 + 2 squat jumps	Squat with toe tap on slider

Lower Body 2 songs	<b>Set-up:</b>	<i>Slider under one foot, feet hip width apart</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Diagonal back leg slide with arm reach	Diagonal leg slide + hold and slide	Slide back lunge + Side lunge	Front slide, side slide + Back lunge	
Core 2 songs	<b>Set-up:</b>	<i>All fours, slider under one foot</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Slide Kick Backs	Leg lifts with slider tap	Cross behind leg lifts	Rainbow side Taps + Back taps	
Note	All Exercises on Right then all on Left				
Core 2 songs	<b>Set-up:</b>	<i>All fours, knees off floor, slider under one foot</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Slide one leg behind opposite foot	Plank slide leg slides	Hold onto slider - Table top legs crunches	Drive the car crunch	
Cool Down	<b>Set-up:</b>	<i>Sitting on side, slider under one foot</i>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	<b>Exercise 4</b>	
	Slide upper leg out + hip lift	Side plank with dips	Reverse Crunch leg lifts	Leg tucks in and out	