

Week 4 Day 5: Torch-er Workout

Exercise	Reps
2-Minute Torch-er Sequence: Perform 3 Times in a Row	
Side-to-Side Lunges	5 each side
Jump Squats	10 total
High Knees	20 each leg
Kettlebell Swings	15 total
Mountain Climbers	15 each leg
Jumping Jacks or Star Jumps	10 total
Jump Rope Sequence	
Regular Jumps	30 sec
Side-to-Side Jumps	30 sec
High Knee Skips	30 sec
Jack Hops	30 sec
Rest 1 min and repeat entire workout 3-4 more times!	
10 Minute Abs	
	Time
Crunch + Bridge	45 sec/rest 15 sec
Scissors + Crunch	45 sec/rest 15 sec
Bike Hold	45 sec/rest 15 sec
Repeat 2 More Times	
Flutter	1 min