



#TMB at HOME

WEEK 2 | WORKOUT 1 | ENDURANCE

The goal of this endurance workout is to find an intensity to hold throughout the workout. Your constant movement will help you to maintain a green and yellow Myzone zone.

Equipment needed: bodyweight, mat (or towel)

WARM UP | 3 MINUTES

Complete 2 rounds of 3 movements before resting and moving to Station 1.

- 30 sec jumping jacks
- 30 sec dead bug
- 30 sec standing a skip

WORKOUT | 20 MINUTES

Move through stations 1-6. Rest for 1 minute. Do this 3 times in total.

STATION 1

- 30 sec push ups
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 2.



STATION 2

- 30 sec mountain climbers
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 3.



STATION 3

- 30 sec butt kickers
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 4.



STATION 4

- 30 sec russian twists
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 5.



STATION 5

- 30 sec sprinter situps
- 30 sec *active recovery*: 3 burpees; rest remainder of time

Move to Station 6.



STATION 6

- 30 sec high knees
- 30 sec *active recovery*: 3 burpees; rest remainder of time

After your first and second circuits, take a 1 minute break and begin back at Station 1.

After completing 3 full circuits, move to Cool Down.



COOL DOWN | 3 MINUTES

Complete 2 rounds of 3 movements.

- 30 sec pigeon stretch
- 30 sec cobra stretch
- 30 sec child's pose

