

20/20/20 Intermediate/Advance

Cardio 15 -20 minutes

1. Call out (Unsteady by X Ambassadors)
 - #1 High Knees
 - #2 Jumping Jacks
 - #3 Speed Skaters
 - #4 Mountain Climbers
2. Dice Roll 40 seconds on/20 seconds off – 5 minutes
 - a. Have a person come and roll the dice.
3. Jump rope vs. Kettlebell 40 seconds on/20 seconds off – 5 minutes

Strength 15-20 minutes

1. You Can't Stop Me – Leg Burn out
2. STRENGTH/CARDIO DRILL #1 -need 2 dumbbells and a small hill *5 minutes
 1. 10 bicep curls, then run/10 walking lunges with weights
 2. 10 overhead triceps extensions, 10 walking lunges with weights h
 3. 10 side raises, then run/10 walking lunges with weights

*REPEAT 3 TIMES
3. STRENGTH/CARDIO DRILL #2 –need 2 dumbbells and a small hill *5 minutes
 1. 10 Push ups then run/10 walking lunges with weights
 2. 10 rear flies, then run/10 walking lunges with weights
 3. 10 overhead presses, 10 walking lunges with weights

REPEAT 3 TIMES

Stretch – 15 to 20 minutes

- Stand and grab hands behind and pull (inhale/exhale)
- Hands about, lean to right, center, left
- Bend over/touch mat/walk the dog
- Plank
- All fours
- Cat and cow stretch 4x
- Childs pose/hold and read
- All fours
- Tuck toes/downward dog/walk hands to feet
- Inhale and come up half way/fold -3x
- Fold
- Right hand on mat and left hand up
- Fold
- Left hand on mat and right hand up
- Fold
- Sway side to side – crescent swing
- Step back to plank/press up/turn head side to side/downward dog – repeat
- Step leg thru and sit to an A position/hands at heart
- Right arm to left side
- Left arm to right side
- Hands at heart
- Feet together and round back
- Lay on right side and grab top leg
- Lay on left side and grab top leg
- Lay on back hands about head
- They choose a position to worship/pray