

EMILY SKYE AND WELL + GOOD'S

#IAMWELLANDGOOD FITNESS PLAN: THURSDAY

Complete six rounds of this circuit.



PLANK PUSH-UP (12 REPS):

Go onto your forearms, one at a time, while staying on your tip-toes. Straighten your arms out, one at a time.



ALTERNATING LUNGES (12 REPS):

Step forward so front thigh is parallel to the ground and back knee is almost touching the ground.



DIAMOND TRICEP PUSH-UP (12 REPS):

Do a modified push-up, with your hands forming a diamond on the floor.



LYING LEG CROSSOVERS (10 reps per leg):

Use core to pull one leg across the body.



PLANK ROTATION (5 reps per side):

Twist body, coming up onto one arm, straightening the other arm toward the ceiling.