

EMILY SKYE AND WELL + GOOD'S

# #IAMWELLANDGOOD FITNESS PLAN: WEDNESDAY

*Complete six rounds of this circuit.*



## MODIFIED BURPEE (12 REPS):

Start standing. Go into a plank, one limb at a time. Bring legs to your hands, one at a time. Stand.



## SIT-THROUGHS (8 REPS ON EACH SIDE):

Sweep right foot to left side, rotating body.



## LEG LOWERS (10 REPS):

Slowly lift legs up, keeping core activated.



## SIDE PLANK (30 seconds per side):

Balance on one forearm, bent at 90 degrees.



## PLANK LEG LIFT (10 reps per side):

Lift one leg off the ground, keeping core activated.