

EMILY SKYE AND WELL + GOOD'S

#IAMWELLANDGOOD FITNESS PLAN: SATURDAY

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.



V-UPS

(20 REPS):

Lying down, touch your fingers to your feet, using your abs to pull your body up.



IN & OUT SQUAT JUMPS

(15 JUMPS):

Jump, bringing your legs apart, and touching your elbows to your knees.



GRASSHOPPERS

(10 REPS PER LEG):

Bring your right leg under your body so that your shin and left forearm touch.