

EMILY SKYE AND WELL + GOOD'S

#IAMWELLANDGOOD FITNESS PLAN: TUESDAY

Complete four rounds of this circuit.



BULGARIAN SPLIT SQUAT:

Lower your back knee until it touches the floor.



REVERSE CRUNCH:

Pull knees toward chest, keeping abs tight.



SPLIT JUMPS:

Bring legs together as you jump, landing in a lunge.



BUTTERFLY KICKS:

Flutter feet quickly, keeping abs tight.