

**Overall Summary**

- 4 Blocks of 4 exercises
- Each exercise performed for 1 minute including transition time
- Repeat each block twice
- 1-minute recovery between each block (every 8 minutes)
- Equipment: 2 DBs

<b>Prep (about 5 minutes)</b>	
Shoulder circles and swimmers	
Alternating reverse lunges with OH reach (30s) Alternating lateral lunges with OH reach (30s)	
½ Criss-cross sit and rotate (R30/L30)	
T-plane slides and rotations in quadruped (30s R/30s L)	
Squat + crawl out and back to stand	

<b>Block 1</b>	
1	Lateral hip shifts with cross body rows – 4X and rise (Right side round 1/Left side round 2)*
2	X-back lunge with bilateral front raise (R1/L2)
3	Windmills (R1/L2)
4	Staggered stance dead lift (pick up, put down; changing back foot) (R1/L2)

<b>Block 2</b>	
1	Chest fly with alt knee twist
2	T-Plane squats with F arm reach (R1/L2)
3	Crab pass over (1DB)
4	½ kneel get up to lateral lunge (R1/L2)

<b>Block 3</b>	
1	Halo + reach and pivot (1DB or 2)
2	Bicep curls with cross step
3	Staggered stance, flat feet, dead hang with rotation (R1/L2)
4	Walking burpee to stand with alt R/L rotation + OH press

<b>Block 4</b>	
1	Side plank on knee – 1X rev fly + 1X pull + rotate + reach [top foot stays flat] (R1/L2) [1DB]
2	Staggered stance (kickstand) + opposite hip shift w/ diagonal DB shift + foot lift (R1/L2) [1 or 2 DB]
3	½ Criss-cross sit with rotation and hip lift (R1/L2)
4	½ kneel with OH triceps press and rotation (R1/L2)

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