

15 MINUTE METABOLISM BOOSTER

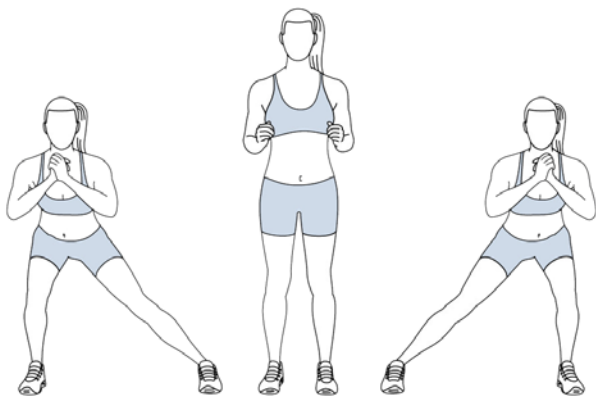
MAKE IT HAPPEN!

DO THIS: 3-4 TIMES THROUGH AT HOME



1. Alternating Side Lunge

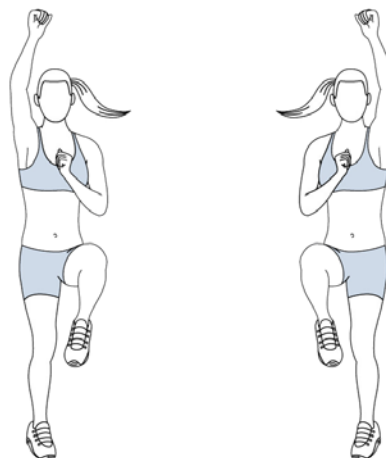
Step it up: reach your arms toward the floor with each lunge, then overhead when return to standing; avoid deep lunges



50 Reps/Side

2. High Knees

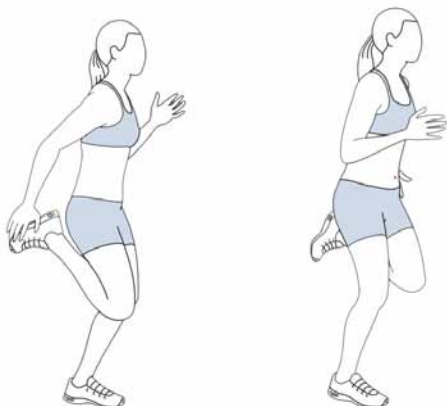
Step it down: just bring your arms to your shoulders



50 Reps/Side

3. Butt Kicks

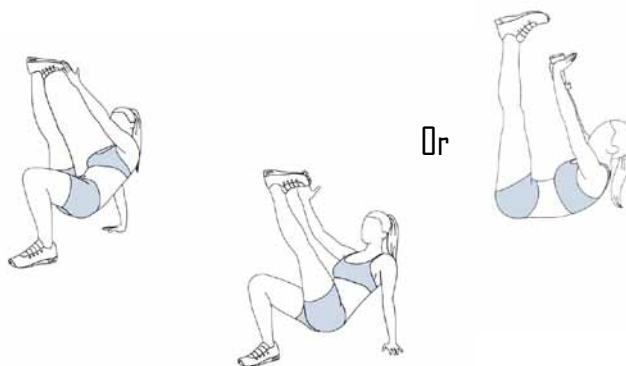
Step it up: reach alternating arms overhead



50 Reps/Side

4. Crab Toe Touches

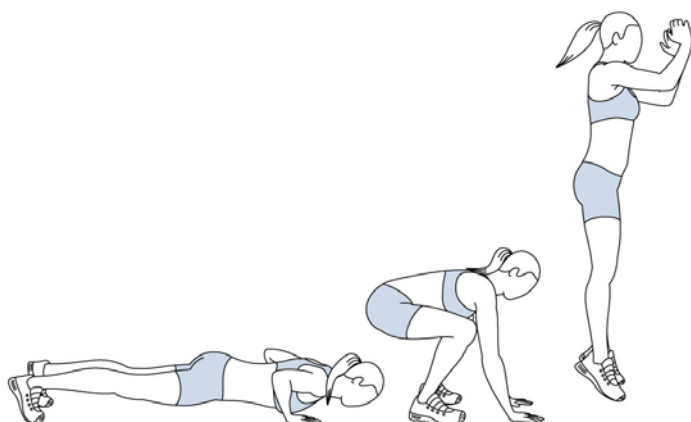
Step it down: do these lying on your back; work into it



20 Reps/Side

5. Burpees

Step it down: omit the pushup, just thrust your legs back



15 Reps/Side

6. Standing Side Burst

Please never lunge deeper than a 90° leg angle



50 Reps/Side