July Workout: Week # 2

Sweaty Workout –Apple Bottom Floor Workout

Warm-Up

- Jump rope + heel to bum move

Workout

- Alternating plank walkovers - Starting in a high plank position, lift one leg up and over your leg that's holding you up. Bring it back to the starting high plank position, and repeat on the next side. Alternate back and forth for a great lower back, oblique, and side butt workout.
- Lying leg lift and kick, left – Resting on your side with your knees bent 90 degrees, lift your top knee up, and then kick it straight out. Bring it back in and repeat.
  NOTE: Imagine someone is standing near your head, and you're trying to kick them with your top leg while you're lying on your side.
- Lying leg lift and kick, right – Repeat above movement with right side.
- Side plank with top leg lift and drop, left - In a high side plank position, lift and drop your hips, followed by a top leg lift for an extra little bum workouts.
  MODIFICATION: Leave hips on the ground and do top leg lifts for a primary butt workouts.
- Side plank drop and lift, right – Repeat above on right side.
  30 reps each 2-3 x through

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching

Get sweaty and feel sexy!
ashley dale roy