



## Royally Fit: Awesome Endurance Workout

### **Awesome Endurance Workout!**

Why is this work out so awesome? Because if you're like me, you're going to be a sweaty mess afterwards, and that makes me incredibly happy; which is awesome! This workout is going to really hit those shoulders, but don't forget to focus on your legs and core with great form. Today, with warm-up and cool-down included, I only need 30 minutes of your time. Let's do this!

### **What you will need:**

- Yourself and weights

### **Warm-Up:**

- 2 minutes of jump rope

### **Workout: Endurance HIIT of 2 minutes/30 seconds**

You will do each of the exercises below for 2 minutes on and 30 seconds off for a total of 3 sets each without a break.

- **Squat and lateral leg lift** – Every time you come up from your squat lift your leg laterally out to the side so you can contract your bum and side abs. Make sure you sink immediately into your squat after each lift, and follow my cue when you switch legs at the 1 minute point.
- **Walking lunges and shoulder presses** – Complete 4 walking lunges, followed by 4 shoulder presses, and then walk back and repeat.
- **Plank jacks and plank walks** – On your hands, complete 4 'jumping jacks' with your feet, followed by 4 plank walks down to your elbows and back up again! Drop down to your knees when you're tired as a modification; don't stop!

### **Cool Down/Stretching**

- Complete 5-10 minutes of nice gentle stretching.

Get sweaxy!  
ashley dale grant