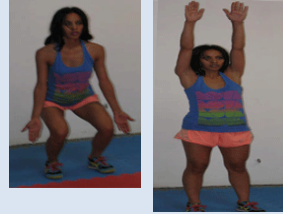




Lose weight with zero weights! This quick routine can be done anywhere in a matter of minutes.

www.OCPrivateTraining.com



FEEL GOOD EXERCISE!

SQUAT with SNOW ANGEL

SKILL LEVEL: Medium

DO: x20, 2-3" pause & move slowly

KEY: Squeeze shoulder blades & dig in your heels.

[CLICK Here to see PRINTABLE DETAILS](#)



JUMPING JACK LUNGES



CALORIE MELTER!

SKILL LEVEL: Medium

DO: 20-30" each side

KEY: Aim to clap underneath your knee.

[CLICK FOR "HOW TO"](#)



FLUTTER KICKS



ABS

S.L.: Medium

DO: 30-45"

KEY: Control your low back!

[Click "How To"](#)



LUNGE with ROTATIONS



SIDE SHRINKER

SKILL LEVEL: High

DO: x15 each direction

KEY: Center torso before twisting to opposite side.

[CLICK FOR "HOW TO"](#)



CRUNCH



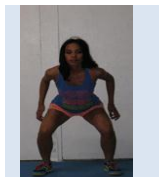
ABS

S.L.: Low

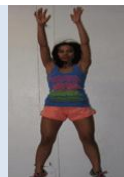
DO: x20, slow

KEY: Squeeze Abs 2-3"!

[Click "How To"](#)



SQUAT JUMPS



CALORIE MELTER

SKILL LEVEL: High

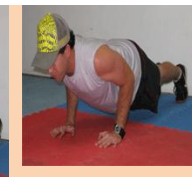
DO: 30", Fast in control

KEY: Soft landing with arms swinging.

[CLICK FOR "HOW TO"](#)



NARROW PUSH-UPS



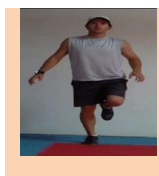
ARM TONE

S.L.: Medium

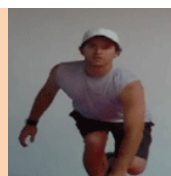
DO: x10-15 with 3" pause

KEY: Flex ABS.

[Click "How To"](#)



1 LEG SQUAT



BUTT & BALANCE

SKILL LEVEL: High

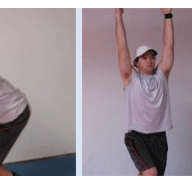
DO: x15 each direction

KEY: Re-center torso before twisting to opposite side.

[CLICK FOR "HOW TO"](#)



SQUAT with PRESS-UP



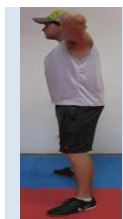
FULL BODY

S.L.: High

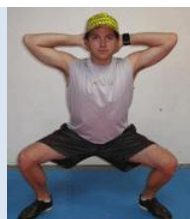
DO: x10-15 with 3" pause

KEY: Flex ABS and shoulder blades.

[Click "How To"](#)



SUMO SQUAT



BUTT & BALANCE

SKILL LEVEL: High

DO: x15 each direction

KEY: Re-center torso before twisting to opposite side.

[CLICK FOR "HOW TO"](#)



REVERSE LUNGE



SPORTS SKILLS

S.L.: High

DO: x10-15 with 3" pause

KEY: Keep feet hip width and flex ABS.

[Click "How To"](#)