

# 15 Minute Flash-Fit Workout

\*Includes cardio and strength, challenges stability and works every major muscle group.

\*Perform each move for 1 minute, moving from one to the next with little to no rest.

## Minute

1

### **Skip in place w/ high knees**

2

**Rocking boat:** in boat pose, alternate punching arms across body with 5lb weights.

3

**Jab/elbow strike combo:** jab to the front with right fist, then elbow strike behind you. Boxer shuffle forward and back with your feet. Switch sides after 30-seconds

4

### **Pushups in downward dog**

5

**Side knee raise to lateral raise with jab:** Bring right knee up and out to your side, crunching right elbow to knee. Return toe to the ground, then immediately lift right leg out to the side and jab to right side with right fist. Repeat. Switch sides after 30 seconds.

6

**Crunches on ball.** Perform 30 seconds of straight-up crunches followed by 30 seconds of alternating side crunches

7

### **Side-to-side speed skaters with reach**

8

### **Alternating curtsy lunges with biceps curls**

9

### **Criss-cross jacks**

10

**Squats with shoulder raises.** Squat to right as you perform a front raise. Squat to the left as you perform a lateral arm raise.

11

### **Jump lunges**

12

**Bridge curl to press:** as you raise body up into a bridge, perform a bicep curl followed by a chest press. Return to start.

13

### **Donkey kicks**

14

### **Triceps dip w/ alternating leg raise**

15

**Oil derrick:** from plank position, press back into a downward dog as you reach opposite hand to touch opposite toe. Return to start. Alternate sides.

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