



► mama reset ◄

CARDIO BOOSTER

Hallway Gauntlet

Perform 40 seconds of each exercise, with 20 seconds rest between, or more if needed. Complete 2 circuits. Use a hallway, or driveway or yard, moving back + forth until the 40 seconds are done. Breathe throughout!

1 SIDE SHUFFLE

Step sideways down the hallway in a semi-squat position. Bum back, chest up.



2 SUMO WALK

Take a "sumo" squat stance with feet wide, toes + knees turned out. Step forward in sumo squat. Keep bum back, knees out.



3 WALL SIT

Slide down the wall into a squat with neutral spine. Don't tuck bum under. Breathe!



4 SIDE KICK WALK: LEFT

Stand sideways. Lean to right to kick left leg to side, aim with heel. Place foot down + lean to right again. Continue stepping + kicking.

5 SIDE KICK WALK: RIGHT

As above. Lean to left to kick right leg to side, aim with heel.

6 SQUAT WALK

Step feet slightly wide, about hip-width. Inhale squat, exhale up. Step again, continue.

