



► mama reset ◄

CARDIO BOOSTER

Dirty 30:30:30

Perform 30 seconds of exercise 1:A, then 30 seconds of exercise 1:B without resting in between. Rest 30 seconds, then repeat. Complete 3 rounds of the Set 1 exercises before moving onto the next superset. Breathe throughout!

A SQUAT + REACH

Stand with feet hip-width or wider. Squat, keeping chest up, then stand + rise onto toes, reaching overhead with arms.

B NO-JUMP CLAP JACK

Arc arms overhead as in jumping jack + clap overhead each time, but tap 1 foot out to side instead of jumping. Alternate legs.

A FRONT KICK

Stand with arms at chest like a boxer. Exhale to bring 1 knee up + kick heel away hard. Don't kick too high. Alternate legs.

B SUMO CALF RAISE

Take a sumo stance, knees + toes out, feet wide. Squat + hold, then lift/lower heels. Stay low. Reach knees wide to middle toes.

5 SIDE SHUFFLE TRIPLE

Step sideways in squat position, left and right 3 steps each way. Bum back, chest up. Try to tap legs together under you.

6 WINDMILL SQUAT

Stand with feet hip-width or wider. Sit bum back in squat + hold. Swing arms in large circles, alternating. Keep torso still.

