

10-Minute Booty Blaster

Exercise	Reps
R Rear Leg Lift w/ Shoulder Raise	30 seconds
L Rear Leg Lift w/ Shoulder Raise	30 seconds
Super Skater Jump	1 min
Repeat up to 3 times!!	
R Standing Side Crunch	30 seconds
L Standing Side Crunch	30 seconds
Rotational Chop	1 min
Repeat up to 3 times!!	
R Lying LOL's	30 seconds
L Lying LOL's	30 seconds
Long Jump + 3 Back Hops	1 min
Repeat up to 3 times!!	
R Side Standing Leg Lift	30 seconds
L Side Standing Leg Lift	30 seconds
Skater Touchdowns	1 min
Repeat up to 3 times!!	
Plie Wall Squat w/ Butterflies	30 seconds
Plie Wall Squat w/ Knee Squeezes	30 seconds
Spiderman Mountain Climbers	1 min
Repeat up to 3 times!!	

10-Minute Booty Blaster

10-Minute Abs	Time
Plank Pikes	50 sec/ 10 sec rest
Plank Side-to-Side Sliders	50 sec/ 10 sec rest
Plank Wiggles	50 sec/ 10 sec rest
Repeat 2 more times!!!	
Pike with Knee Dips and Ankle Taps	1 Min!