

## Torch-er Workout #2

Exercise	Reps
2-Minute Torch-er Sequence: Perform 3 Times in a Row	
Froglers	10
Wide Plié Squat with Around the Worlds, alt directions	5 each direction
Lateral High Knees	10 each direction
Lateral Animal Crawl	5 each direction
Tuck Jumps	10
Offset Push-up Crossover with low step or medicine ball	5 each side
Jump Rope Sequence	
Regular Jumps OR Double Unders	30 sec
Side-to-Side Jumps	30 sec
High Knee Skips	30 sec
Jack Hops	30 sec
Rest 1 min and repeat entire workout 3-4 more times!	
10 Minute Abs	Time
Pikes	45 sec/rest 15 sec
Plank Lateral Hip Slides	45 sec/rest 15 sec
Plank Hip Dips	45 sec/rest 15 sec
Repeat 2 More Times	
Butterfly Crunches	1 min