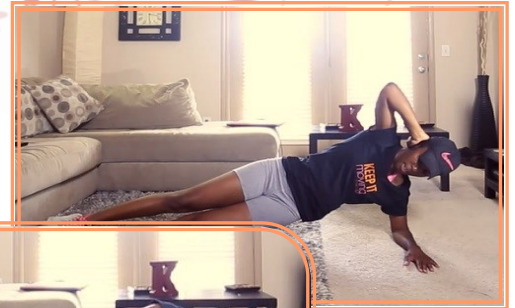
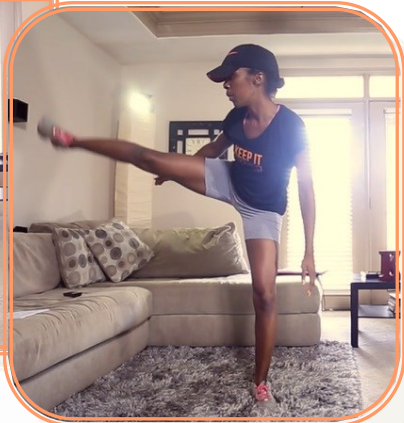


Lose Your Love Handles

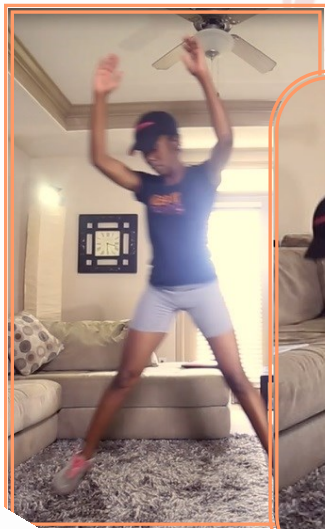
[WATCH VIDEO HERE](#)

Do Each Move 20xs, 15xs, 10xs, 5xs Take a 2 minute break
then do each move 5xs, 10xs, 15xs, 20xs

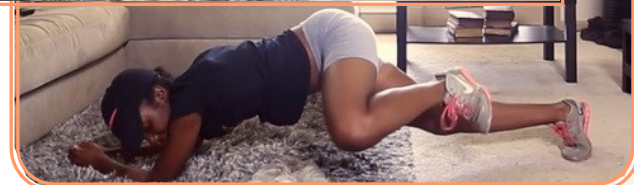
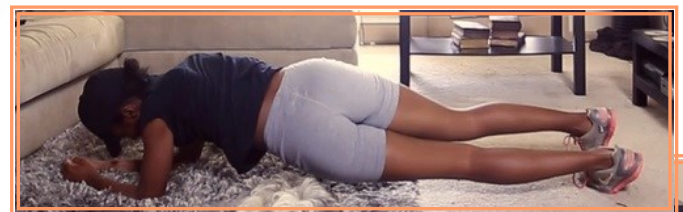


Squat Jump- Lateral Kick - Squat down with your back straight and head up. Jump up. Land into a squat and Kick to one side. Repeat with Kick to other side.

Side Plank Knee Crunch - Lie on your side with your hips off the ground and your hips stacked. Crunch the top knee into your chest. Repeat. (Make sure you do the other side too!)



Speed Skaters - Bring one leg behind you and touch down. Jump up, land softly and bring the other leg behind you and



Oblique Hip Touch Down Plank - In plank position, bring your hips to touch the left side and then the right side. Return to plank and bring your left knee out and up to your left elbow. Repeat right lift hip touch down and complete the knee left on the other

Air Jacks - Jump your arms and legs up and out at the same time. Make sure you land softly.

