

# A Simple Kick Start Workout

## Targets your Lower Body, Abs and Core

### Round 1: Set your clocks for 2 minutes.

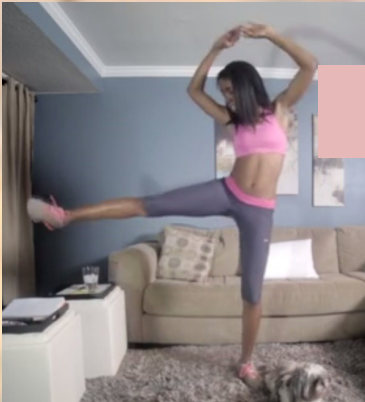
Complete 2 minute of each KICK START move and write down how many reps you did. For the first 4 moves do 1 minute on each leg.

Complete 30 second of the CARDIO MOVE in between each KICK START MOVE

### Round 2: Get ready to MAX OUT

Complete each KICK START MOVE until your can do any more. For the first 4 moves make sure you do the same amount on each leg

Complete 2 minutes of the CARDIO MOVE in between each KICK START MOVE



KICK LATERAL

Standing straight kick one leg out to the side while raising your arm. Attempt to get your leg parallel to the ground and flex your feet. Repeat with the other leg

Standing straight slowly bend forward to bring both hands to the ground and kick out with one leg. While remaining forward crunch your knee to your chest and kick back out using same leg. Repeat on the other leg. Use a chair if you can't bend to the ground.

KICK BACKWARDS



KICK FORWARD

Standing straight kick one leg out in front of you Repeat with the other leg

KICK UPWARDS

Lying on your back (holding on to something steady) and kick up. Slowly bring your feet back down



### CARDIO MOVES:

Choose Jumping Jacks, Running in place, High Knees, or Burpees