

A decorative graphic consisting of several concentric, overlapping bands of color. The bands transition from light blue on the left to a light green on the right, with a white space in the center. The bands have a soft, blurred appearance, creating a sense of depth and movement.

# Workout of the Day

Total Body: 108

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Equipment Needed:

- Mat
- Weights (optional)

Workout:

- Complete 24-21-18-15-12-9-6-3 reps of each exercise in a circuit.

Total Body: 108

- Squats or Jump Squats
- Push-ups
- Bicycle Kicks
- Burpees
- Mountain Climbers

# Squats



- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round.
- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.

# Jump Squats

- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, engage your core, and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Make sure you land with your entire foot on the ground. Be sure to land as quietly as possible, which requires control.



# Push-ups



- Get down on all fours, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs.
- Lower your body until your chest nearly touches the floor.
- Pause, then push yourself back up.
- Repeat.

## Bicycle Kicks

- Start lying flat on your back, legs fully extended, and both hands behind the head.
- Begin by pressing your lower back into the ground. This will eliminate any arch in the low back and help engage your core before starting any movement.
- From here, bring both hands behind the head and raise the shoulders off the floor.
- Next bring your right knee toward your chest and simultaneously rotate your shoulders to bring the left elbow toward the right knee.
- Make sure to keep the leg that isn't bending fully extended and low to the floor to get the best engagement.
- After touching the right knee to the left elbow, rotate your shoulder and bring the left knee to the right elbow. Perform these movements slowly and controlled for the best core-burning results



# Burpees

- Begin in a standing position
- Move into a squat position with your hands on the ground.
- Kick your feet back into a hand plank position, while keeping your arms extended.
- Immediately return your feet into squat position.
- Stand up from the squat position.





# Mountain Climbers

- Get into a plank position, making sure to distribute your weight evenly between your hands and your toes.
- Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
- Pull your right knee into your chest as far as you can.
- Then switch, pulling that knee out and bringing the other knee in.
- Keeping your hips down, run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.

