

LIVENG PROOF

SUMMER SCORCHER WORKOUT

do this circuit

3X

20X



PLIE SQUAT *with a heel raise*

Begin in a plie squat, knees in line with your ankles. Lower yourself down (just as far as you're comfortable) keeping your hips directly below your ribcage and your belly button in towards your spine. Lift and lower your heels. Return to starting position.



15x

FLYE BOOTY

Push your hips up to the sky, simultaneously perform a chest flye (normally we'd add DB's but it was about 95 degrees outside!) Slightly lower your hips as you start with your arms out to the side. Simultaneously push your hips back up as you draw your arms together, palms facing.

BEACH READER *targets your abs & outer thighs*

Sitting with your hands placed behind you. Simultaneously extend your upper and lower body. Then squeeze in using your core. Keeping your knees bent, bring your knees out to the sides while keeping your heels together! We added a band around the knees for more resistance! Think of your knees opening out like a book ;)



15x