

Weight workout sequence

		Video time			
1	Warm up Cardio	1:00		16	Sidestep lunge (L) 12:48
2	Side step squat (R)	02:27		17	Sidestep lawnmower (L) 16:55
3	Curls	03:33		18	Knee strikes (L) 17:50
4	Side step squat lunge (R)	04:25		19	Plank row on the Mat 18:50
5	Plie squat	05:11		20	Plank Sprinter 19:50
6	Vertical press	05:39		21	Plank row rotation 20:45
7	Triceps vertical behind the head	06:05		22	Horizontal jacks 22:03
8	Combo plie-press-behind the head	06:40		23	Chest press 23:20
9	Side step squat lunge (L)	08:00		24	Leg lifts 23:43
10	Hammer curls	09:09		25	Combo leg lift - chest press 24:12
11	Combo side step-squat-lunge-hammer	09:50		26	Starfish abs 25:00
12	Combo plie squat-curl-press-behind	10:55		27	Close press 26:00
13	Sidestep lunge (R)	13:00		28	Boat cross punch 27:05
14	Sidestep lawnmower (R)	13:37		29	Superman flying 28:30
15	Knee strikes (R)	14:05		30	Up dog Cool down 29:25

[Weight Workout Video](#)