



## AS

AGILITY / STRENGTH

*\*Live MASHUP™ classes and digital/DVD workouts demonstrate three fitness levels for each exercise.*

- 1 **Sumo Squat**
- 2 **Decline Push-ups**
- 3 **Prisoner Lunges Alternating**
- 4 **Crabwalk**
- 5 **Calf Raises**

*\*Perform each exercise for 1 minute*

## H

HIGH-INTENSITY INTERVALS

- 1 **Squat Jumps**
- 2 **Burpees**
- 3 **Line Sprints**
- 4 **Bum Kicks**
- 5 **Air Jacks**

*\*Perform each exercise at 90% High-intensity for 30 seconds then rest for 30 seconds*

## M

MIND / BODY

- 1 **Chair Pose Hold**
- 2 **Pilates Breaststroke**
- 3 **Pilates Single-leg Stretch**
- 4 **Russian Twists**
- 5 **Plank to Down Dog**

*\*Perform each exercise for 1 minute*

