

CARDIO WAVE MAX (INTERMEDIATE/ADVANCED)*WARM UP PHASE (repeat x 3)*

Standing hip rock 30secs

Chair squats 10x

Forearm plank hip dips right side 10x

*use hand fins & block/ball

Surfer belly paddle 30 secs, squeeze block/ball between feet

Forearm plank hip dips left side 10x

Surfer belly paddle 30 secs, squeeze block/ball between feet

Full plank shoulder taps right side 10x

Surfer belly paddle 30 secs, squeeze block/ball between feet

Full plank shoulder taps left side 10x

Surfer belly paddle 30 secs, squeeze block/ball between feet

Side pull up burpees 1min

With bands bicep curls, squats, chest press, 10x each
then combo

Surfer belly paddle 1 min with hand fins

* hand fins & bands

Right leg lunge w/flies using band 10x

Plyo burpee with pushup 1min

Left leg lunge w/rotator cuff using band 10x

Transition to seat facing right side using band twist with
right leg out 10x

Hinge at hips arm reach overhead with band 10x

Float extended leg elbow to knee with band 10x

Repeat other side

Knees wrap edge for ab work crunches, right knee taps,
center, left, center

Transition back to front, bands behind you

*bands in back

Take a boat pose tip toes on float

Jabs left 10x, right 10x

Uppercut left 10x, right 10x

Hooks left 10x, right 10x

Combos i.E. Jab, hook, uppercut alternate sides 1min.

COOL DOWN PHASE

transition to back

flow from back to bridge 3x

full body stretch

Savasana