

SURF 'N' TURF level II**Playlist: Cardio Drive***WARM UP PHASE (seated face front)*

Seated lateral stretch
 Chest opener to seated child's pose
 Seated forward fold
 Reverse table top
 Leg lefts
 Tricep dips
 Table top
 Cat/cow
 Wag the tail
 Spinal balance
 Down dog >lower knees >drop hip twists
 Hero paddle 30 secs

EFFORT PHASE (standing)

10X modified burpee
 10X plank >dog
 10X knee to opposite elbow
 30 Sec. Mt. Climbers
 10X jump burpee
 10X shin taps both sides
 10X knee to same elbow
 30 Sec. Mt climbers
 10X aqua burpee
 10X double donkey kicks
 10 Sec. Knee to elbow hold both sides
 30 Sec. Mt. Climbers

10X squats
 10X lunges both sides
 30 Sec. Plank whitewater
 10X squat w/raised heel
 10X lunge hold w/raised heel
 :|| Repeat other side
 30 Sec. Plank whitewater
 10X squat jumps
 30 Sec. Scissor lunges
 ¼ Turn jump squat jumps (2full rotations both directions)
 30 Sec plank whitewater

10X shoulder taps
 30Sec. Plank jacks
 :|| Other side
 10X hands > forearms
 30 Sec. Forearm rocks
 10X single leg paddle
 30 Sec. Plank jacks
 :|| Other side
 :|| Plank variation

10X tricep pushups
 30Sec belly paddle
 10X pop ups right side
 :|| Repeat other side
 :|| Repeat combo

10X crunches
 10X crunches knees right
 10Xcrunches knees left
 30 Sec. Heel taps
 10X oblique v ups right side
 10X soles to sky
 10X oblique v ups left side
 10X soles to sky
 30 Sec heel taps

COOL DOWN PHASE

Happy baby
 Modified crescent
 Half split
 Pigeon
 :|| Other side
 Savasana