

Get Fit *with Paige*

Kill Me! Circuit

1. STEP TOUCH



Step out to the right as far as you can, taking the arms up. Step back and then step to the left. Start to move faster and use bigger arms as you warm up.

Repeat for 60 seconds

Want a killer 10 minute workout to blast some calories? I've got high intensity, high impact moves that do the trick.

How to

Do each exercise as hard as you can, one after the other
Repeat the circuit 1 or more times

You'll need a band, a med ball, some heavy weights and a step or platform

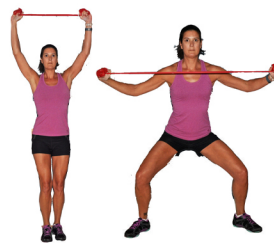
2. SPEED SKATERS



Leap out to the right as far as you can, taking the left foot behind you. Now leap to the left as far as you can. Pretend you're a speed skater and go as fast and low as you can!

Repeat for 60 seconds.

5. JUMPING JACK WITH LAT PULL



Holding a band, jump the feet out as you pull the arms down towards the lats, pulling the band open. Jump the feet back together.

Repeat for 60 seconds.

3. BEAR CRAWLS



Squat and walk your hands out to a plank position. Do a pushup on knees or toes (optional) and walk the hands back to stand up. Add a jump at the end for more intensity!

Repeat for 60 seconds.

6. SIT AND STAND

Using a step or platform, sit, taking the legs out and lean back. Bring legs back in, stand up and jump.

Repeat for 60 seconds.



4. FRONT KICK LUNGE



Kick the right leg out and then immediately take it back into a rear lunge, touching the floor. Repeat with a big range of motion for 30 seconds on each side.



7. MED BALL BURPEE

Holding a med ball, squat and jump the feet back. Jump feet back in, stand up and toss the ball. Skip using the med ball if it feels awkward.

Repeat for 60 seconds.

8. POWER HAMMER CURL

Hold heavy weights and swing them back slightly. Lower into a low squat as you curl the weights up. Hold weights up as you stand and slowly lower weights.

Repeat for 60 seconds.



9. DIPS WITH LEG EXTENSIONS

On a step or bench, lower into a dip and, as you push up, straighten the right leg and reach left hand towards toe. Lower and repeat, alternating sides.

Repeat for 60 seconds.



10. BURPEE SQUATS

Start in a plank position and jump the feet in to a wide stance squat, arms up. Lower jump the feet back and repeat.

Repeat for 60 seconds.



Repeat all exercises for 1-3 circuits or stop here, cool down and do a nice stretch.

Great job!

Got feedback? Have questions? Email me at paige@getfitwithpaige.com