



“Stand in Your Power” Work Out
created by lululemon Ambassador Geneva Simms

Begin with a five minute warm up incorporating active stretches and cardio moves.

Round One:

- strength exercises are one round performed for :60
- cardio moves are two rounds, each round performed for :30 with a :15 recovery
- .:15 recovery between strength and cardio moves
- 1:00 recovery between circuits

Round Two:

- strength exercises are one round performed for :30
- cardio moves are one round performed for :30
- :15 recovery between strength and cardio moves
- :30 recovery between circuits

Circuit One

1. Side Lunge to Hip Abduction-Right Leg Moves
2. Jump Jump Squat
3. Side Lunge to Hip Abduction-Left Leg Moves
4. Cross Hops (either two legs or single leg)

Circuit Two

1. Push to Pray
2. Bear Crawls
3. Push Away Balance (:30 per side in Round 1; :15 per side in Round 2)
4. Crab Kicks

Circuit 3

1. Surrender Lunge to Kneeling Camel with a Twist Stand Up to Victory
2. Back Jack Flies
3. Side Lying Tricep Press Ups (:30 per side in Round 1; :15 per side in Round 2)
4. Alternating Four Mountain Climbers/Four Plank Butt Kickers

End with a five minute cool down and active stretch.