These exercises are to be done 4 times a week.

Core Conditioning
10 slow (elbows close to body) push-ups: Start in the push-up position with your hips up and go as low as possible all the way down without touching the floor. Make sure your elbows are close to the body. Your concentration is your triceps. Bring yourself up to push-up position. *Concentrate on form*

Plank position (hold for 1 minute): Start in push-up position. Hold push-up position with hips up for 1 minute

10 Alternate Push-ups: Start in push-up position with arms positioned outward from the body. Legs are open in a V position. Start on the right side. Bring you left together with the right and bend the right arm only. Now do the same thing on the other side, this time bringing your right leg close to the left leg and bending the left arm.

Bent Plank position (1 minute): Like push-up position except elbows and forearms are on the floor instead of the palms of your hands. Hip is up, maintain arms at a 90° angle

Alternating Ponteira Crunches: Start in the crunch position with one leg extended in the ponteira. If the left leg is up the right arm is coming across the body. Just as if we were doing the penteira standing up.

Leg Exercises
25 Fast Cadeiras Hold position for 25 seconds
30 Lunges: In gunga position basically one leg forwards the other leg backward. Bend the back leg down so that it is 90° parallel to the floor. Bring the leg as close to floor as possible. Make sure the knee does not touch the floor. Do 30 each side.
10 single deadlift: Balance body on one leg. Standing leg is slightly bent. Keep hands in a closed fist. Go down all the way bringing the hands as close as possible to the floor without touching it. Make sure to keep back flat and parallel to the floor.
20 alternate forward lunges: Same as above except legs are alternating.
20 squat jumps: Start in cadeira position, tap the ground then jump in the air as high as you can with your hands extended in the air. This is to be done non-stop.

Stretching/Flexibility Exercises
Center split (hold for one minute)
Side Split (1 minute each side)
Side Straddle (1 minute each side)
Center Straddle (1 minute)
Both Legs together (1 minute)

3 Bridges

Each Category Counts as 1 circuit. You are to do 3 circuits of all 4 categories. 3 times a week.

DON'T KEEP GOING
DID YOU DO EACH CIRCUIT 3 TIMES?