

10 MINUTE CARDIO | Victoria's Secret Workout

1:00 min	Speed Skater
30	Plies (2nd position)
1:00 min	Side Jumps (step, tap...)
25	Arabesques on each leg, arms in 1st position
1:00 min	Curtsy lunges (arms behind head)
25	Fly with dead lift
1:00 min	Plie Jumps (1st to 2nd position)
30	Side lunges (alternating legs)

BARRE WORK

25	Fondue to arabesque; switch legs
30	Split-to-sous sous (lie with your back on floor, legs 90 degrees above floor)
25	Side-lying developpes (parallel posse, developpe, posse, turn-out); switch legs
25	Side-lying turn-outs; switch legs
30	5th position beats, (lie with your back on floor, legs 45 degrees above floor)
15	Grande battements (lie with your back on floor); switch legs

YOGA FOR FLAT ABS

10 breaths	Tree Pose
10 breaths	Warrior Lunge Twist; switch sides
10	Rock-n-roll lotus (crossed legs)
10	Downward dog, float leg up, mountain climber (repeat); switch legs
10	Windshield Bridge (sweep flexed foot across)
10 breaths	Boat pose
10	Sit-to-tabletop
10 breaths	Lotus press
10 breaths	T pose; switch legs