

All right, you guys. Week four. You should be so proud of yourself. And I want to remind you, do not underestimate the power of a week in transforming your body. Week three can feel like you totally hit a wall. You're not seeing progress. Week four, I'm telling you, you stick with plan. You will fly over that wall. So, I'm excited for today's workout. Full body workout. Full run, have a dog. I'm sure you guys totally can. Dogs in the scene. Kids are in the scene, but you're getting it done. So, here we go, you guys. You better be warmed up. We're going to go into a wide squat. Squat with a kick out. Working that hip, the booty, and the quads all at the same time. Good job. Going for 10 on each side, which will be 20 reps total. We got this. And we're feeling home free. Our mantra is I am free. I am free today because I've made these choices that allow me to feel free in my body, in my emotions. Nice job. Two more. Two and one. Nice job. Shake it out. Plank jacks. Are you with me? Are you with me? Wrists right below the shoulders. Jumping out and in. Jumping out in. Just like that. 10 reps. So, five, four, three, two, and one. Nice job going right down. Keeping the momentum, you guys. You're on week four. You're stronger than you've ever been. Pull your abs in. Cross. One, two, three, four, five. We're going for 10. 6 7 8 9 10. I want you to roll up. Roll over. We're going to go cross overs in a plank position. So, two different variations. Cross. Cross for 10. Three. Four. Bring that knee all the way to that elbow if you can.

Good job. Okay, airplanes. I love this movement. Works your quad, your booty, the back, and that little connector right there. We're going to lunge back. Power up. Reach over. Straight. We're straightening that leg as much as you can. I have tight hamstrings, so that's as good as we're getting today. Up, reach. So, squat, power it up, then reach. Squat back, power it up, then reach. 10 on each leg. You can do this. Four.

Last one. Okay, other side. Shake it out. You're going to squat back. Power through that heel. Reach and extend like an airplane. Down. Power it up. Reach. Nice job.

Go down just a little bit. And good. Take that out. Push-ups with reach. Okay, you're right here. Push up. Reach. Reach. We're going for 10. Stay with me. Reach those arms out. Stretching out through that back and that shoulder.

It's okay if you got to modify. Just do your best. You'll see that you get stronger.

Two more. I'm already feeling it. Nice job.

And good. Oh my gosh. Shake it out. 10 to 30 second rest. Two more rounds. You're doing awesome. So proud of you.