

## **8 Minute Fitness**

### **8 Minute Abs**

Basic Crunch - 25 (45 Seconds)  
Left Oblique Crunch - 25 (45 Seconds)  
Right Oblique Crunch - 25 (45 Seconds)  
Toe Touches - 25 (45 Seconds)  
Reverse Crunch - 25 (45 Seconds)  
Left Side Crunch - 25 (45 Seconds)  
Right Side Crunch - 25 (45 Seconds)  
Push Through - 25 (45 Seconds)  
Leg Pushes - 25 (45 Seconds)  
Alternating Curls - 50 (45 Seconds)  
Curl - 25 (30 Seconds)

<http://youtu.be/K5IVDUwofDU>

### **8 Minute Buns**

Basic Squat - 20 w/15 pops  
Left Lunges - 20 w/15 pops  
Right Lunges - 20 w/15 pops  
Left Butt Kick - 30 w/15 pops  
Right Butt Kick - 30 w/15 pops  
Left Bent Leg Press - 30 w/15 pops  
Right Bent Leg Press - 30 w/15 pops  
Left Butt Lift - 30 w/15 pops  
Right Butt Lift - 30 w/15 pops

<http://youtu.be/dnBhn7YSsnM>

## **8 Minute Arms**

Push Ups - 20 (30 Seconds)  
Flys - 20 (30 Seconds)  
Chest Press - 20 (30 Seconds)  
Left Standing Rows - 20 (30 Seconds)  
Right Standing Rows - 20 (30 Seconds)  
Upright Rows - 20 (30 Seconds)  
Lateral Raise - 20 (30 Seconds)  
Shoulder Press - 20 (30 Seconds)  
Front Raise - 20 (30 Seconds)  
Rear Raise - 20 (30 Seconds)  
Bicep Curls - 20 (30 Seconds)  
Left Tricep Kickback - 20 (30 Seconds)  
Right Tricep Kickback - 20 (30 Seconds)  
Left Concentrated Bicep Curl - 20 (30 Seconds)  
Right Concentrated Bicep Curl - 20 (30 Seconds)  
Tricep Extension - 20 (30 Seconds)

[http://youtu.be/fkwGOUuK2\\_4](http://youtu.be/fkwGOUuK2_4)

## **8 Minute Legs**

Squats - 20 (30 Seconds)  
Left Quad Extension - 20 (30 Seconds)  
Right Quad Extension - 20 (30 Seconds)  
Left Outer Thigh Raise / Butt Press - 20 (30 Seconds)  
Right Outer Thigh Raise / Butt Press - 20 (30 Seconds)  
Left Inner Thigh Raise - 20 (30 Seconds)  
Right Inner Thigh Raise - 20 (30 Seconds)  
Left Hamstring Curl / Butt Lift - 20 (30 Seconds)  
Right Hamstring Curl / Butt Lift - 20 (30 Seconds)  
Left Outer Thigh Raise With Quarter Squat - 20 (30 Seconds)  
Right Outer Thigh Raise With Quarter Squat - 20 (30 Seconds)  
Left Front / Back Lunge - 20 (30 Seconds)  
Right Front / Back Lunge - 20 (30 Seconds)  
Left Bent Leg Inner-thigh Raise - 20 (30 Seconds)  
Right Bent Leg Inner-thigh Raise - 20 (30 Seconds)  
Plié With Calf Raise - 20 (30 Seconds)

<http://youtu.be/uLlfn-31Bgs>

## **8 Minute Stretch**

Left Neck - 10 Seconds

Right Neck - 10 Seconds

Left Side Stretch - 10 Seconds

Right Side Stretch - 10 Seconds

Lumbar Roll - 10 Seconds

Left Shoulder - 10 Seconds

Right Shoulder - 10 Seconds

Left Tricep - 10 Seconds

Right Tricep - 10 Seconds

Left Standing Quad - 10 Seconds

Right Standing Quad - 10 Seconds

Left Groin Stretch - 10 Seconds

Right Groin Stretch - 10 Seconds

Left Calf Stretch - 10 Seconds

Right Calf Stretch - 10 Seconds

Left Hamstring - 10 Seconds

Right Hamstring - 10 Seconds

Left Buttocks - 10 Seconds

Right Buttocks - 10 Seconds

Left Hamstring Pull - 10 Seconds

Right Hamstring Pull - 10 Seconds

Left Crossover - 10 Seconds

Right Crossover - 10 Seconds

Knees To Chest - 10 Seconds

Rack Stretch - 10 Seconds

<http://youtu.be/79sXwpZUeBw>