

## Wet the Floor Workout

Equipment needed: Light weights and [Jump Rope](#)

This circuit consists of 6 exercises all done for 50 reps (total). Yep, I did say 50 reps!  
Take a 2-3 minute rest and repeat.

1. High Knees – Keep navel drawn in and bring knees up towards chest.



2. Power Punches – Keep navel drawn in and extend arms all the way out.



3. Chase the Rabbits (dig deeper than mountain climbers) Switch legs with big jump



4. Alternating Lateral Lunges with a Reach (weights in both hands)



5. Plank + Rotation (can be done on knees) – alternating sides.



## 6. Jump Rope



Did you like this circuit? You can get more in my book [The 30 Day Fitness Blueprint](#)