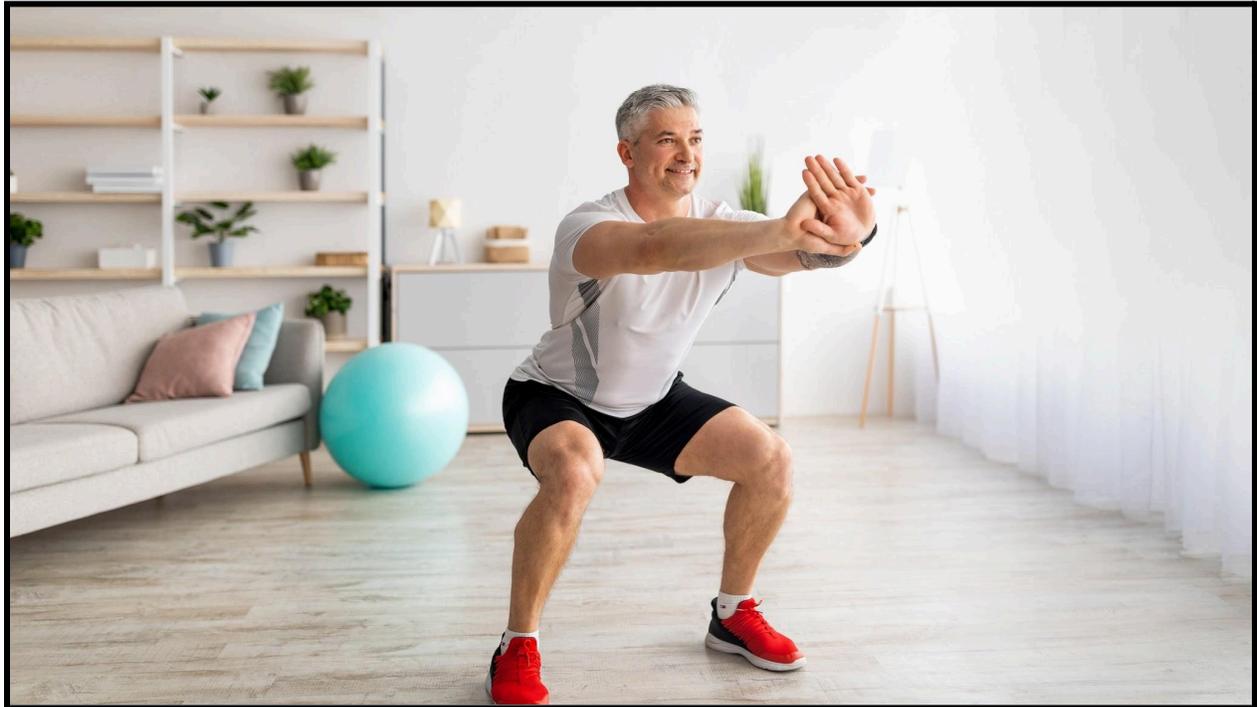




The New Year's Pump 🏋️‍♂️ 💪 🎉



Perform each exercise for **45 seconds**, followed by **15 seconds of rest**. Repeat the circuit **2–3 times**, depending on your fitness level.

Warm-Up (2–3 minutes)

1. **High Knees:** March or jog in place, lifting your knees as high as possible.
2. **Arm Circles:** Stretch your arms out and rotate them forward and backward in big circles.
3. **Torso Twists:** Stand with feet shoulder-width apart, twist your torso side-to-side gently.

Main Workout

1. "Fresh Start" Squats

- Stand with feet shoulder-width apart, lower into a squat, and rise back up.

Focus on starting the year strong!

2. "Reach for Your Goals" Lunges

- Step one leg forward into a lunge, keeping your knee above your ankle. Alternate legs.

Imagine stepping toward your ambitions!

3. "Core Confidence" Plank Shoulder Taps

- Start in a high plank position. Tap your right shoulder with your left hand, then alternate.

Engage your core for stability in the new year.

4. "Energy Boost" Jumping Jacks

- Jump feet out while raising arms overhead, then return to the start position.

Stay energized for 2025!

5. "New Horizons" Side Plank Dips

- In a side plank position, lower your hips toward the floor and lift back up. Switch sides halfway through.

Strengthen your core as you embrace new opportunities.

Cool-Down (2–3 minutes)

1. **Standing Forward Fold:** Stretch your hamstrings and back.
2. **Cat-Cow Stretch:** On all fours, alternate between arching and rounding your back.
3. **Deep Breathing:** Stand tall, inhale deeply, and reach arms overhead. Exhale slowly, bringing arms down.