



# GET ACTIVE NOW

WITH SAMANTHA CLAYTON

## Burpees

3 SETS OF 8 TO 10 REPS

Stand with your feet hip-width apart and your arms down by your side. Lower into a squat position with your hands flat on the floor in front of you. Jump both legs backwards so you end up at the top of a push-up position. Jump both legs back into your chest so you are back at a squat position. Return to standing and repeat. You can add a jump if you wish to make it more difficult.



## CARDIO EXERCISE

    @herbalife

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## Speed Skater

3 SETS OF 8 TO 10 REPS

Stand in an athletic stance, then begin the exercise by jumping to the right with a slight bend in your knees. Slide your left foot behind the right foot, and let your arms naturally follow the movement across the body as if you were skating. Next, repeating the same motion, hop to the other side so that your right leg goes behind your left leg, and repeat.

1.



2.



CARDIO EXERCISE

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