

The Shoshin Ryu 6 minute workout (non-stop)

do each exercise for 30 seconds - intensely

1. Jumping jacks
2. Kiba squat - drop center -R-L- center up
3. Push ups (regular, knee ups, moving)
4. Crunches (or weighted twists)
5. Lunges (wts)
6. Kicks multiple - hold each for 3 count: mae, ushiro, mae, yoko, spinning back
7. Triceps dips (or thread the needle)
8. Plank (with multiple elbow strikes/ movement/ arm leg extension)
9. Knee ups (lunges/high kicks)
10. Push up with side planks
11. Side plank
12. Burpees (1 or 2 or 3 push ups)

Commit to Being Fit