



Repeat circuit 2-3 times through.



WARM UP: 12 reps each side

THE IRISH JIG

Make sure to do both legs!

THE IRISH JIG: 20 seconds each side

Pick up your pace!

THE SHAMROCK SHUFFLE: 60 seconds

Stay low, but make sure to keep your chest lifted.

LEPRECHAUN RUN: 30 seconds

Rotate out from your hips, and lift your knees as high as you can!

"POT OF GOLD" JUMPS: 4 to 6 reps

Make sure to land toe to heel with soft knees.

"KISS ME, I'M IRISH" LUNGES: 6 to 8 times on each side

Try to "kiss" your feet in the air.



BONUS: ABS CHALLENGE: Repeat 6 to 8 times

"GOOD LUCK" HORSESHOE ABS

Squeeze feet together, abs tight & breathe!