

End of Time – Beyonce

Conditioning Routine

0:00 – 0:11 Standing tall facing front, feet together (wait for 16 counts of music)

0:12 – 0:36 Crouch (1) Jump feet back to front support (2) Push Up (3,4) Jump feet back to crouch (5) Stand up (6) Turn quarter turn to face side (7,8)

Repeat facing front, side, back, side, front x2 (with arm stretch inbetween final 2)

Remain in Front support after final one, pause for 4

0:37 – Lift R leg off floor pointed toe hold for 15 counts, return foot to support on 16

0:44 – Lift L Leg off floor pointed toe hold for 15 counts, return foot to support on 16

0:53 Push Ups x 8

1:00 Staggered Push Ups x 4 but stay down on final one and lie flat on front

1:08 Arm and leg lifts (arms by ears) x 8

1:17 Arm lifts elbow pulled back x 4

1:20 Fast leg lifts x 8

1:25 Clasp fingers and upper body lifts moving from R to L x 8

1:32 Body twists bent arms x 12 then roll onto back

1:41 Straddle V Sits x 2, Pike V-Sits x 2, Straddle V-Sits x 2, Pike V-Sits x 2

1:49 Pike V-Sits x 8

1:58 Scissors R,L,R,R L,R,L,L Tuck V-sit hold and Lower to dish x 2

Repeat Scissors and Tuck V-sits but lie down on back with legs at 90* at end

2:13 Lie on Back, circle both legs in full circle to right x 8 counts, repeat to L, Roll back onto shoulders and stand up

2:30 Crouch jumps x 2 Facing back, side, front, side, back,(reverse direction) side, front, side, back

2:50 Step R ft forward into lunge, Knee bends x 8, jump and change to L ft forward

2:58 Knee Bends x 8, jump and change to R ft forward

3:06 Remaining in bent R Leg lunge, pulses x 16, jump change feet

3:15 Repeat pulses x 16 on L

3:23 Feet apart, Squats x 4 on 5th Squat stay down and bounce x 15, Stand up tall
on count 16.