

HFT with Amanda

July 2025

INTRO

BEGINNING STRETCHES

Twist with arm curls
x 5 each side

Squat
press fold x 8

FF twist reaches
with a wrap pulse

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Plank knee taps
x 10

Cobra twists x 5
Shoulder flip pulses
5 breaths each side

Superwoman pulses x 5
Twist with knee bends

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

X ankle plank
lunge reaches
x 10

STANDING & FLYING

N/A

W3 lunge
flies x 10

R

R. Side squat
tap punch
ups x 10

R. Side squat
pulses x 10

V

L

L. Side squat
tap punch
ups x 10

L. Side squat
pulses x 10

V

Repeat on Left Side

SQUATS

SERIES 1

Right Side

DD/PLANK

FLOOR MOVES

Flying childs
pose to side
plank kick
unders x 10

Front lunge
side lunge
arm swings
x 15

Kick/tuck/kick
forearms planks
x 15

Knee tuck into
ddog split
hop x 15

Low lunge to
high lunge
swings x 10

STANDING & FLYING

SQUATS

S splits
knee tucks
x 10

R
R Side squat
reach to press
ups x 10

Sumo squat
R heel like
pulse x 10

V

L

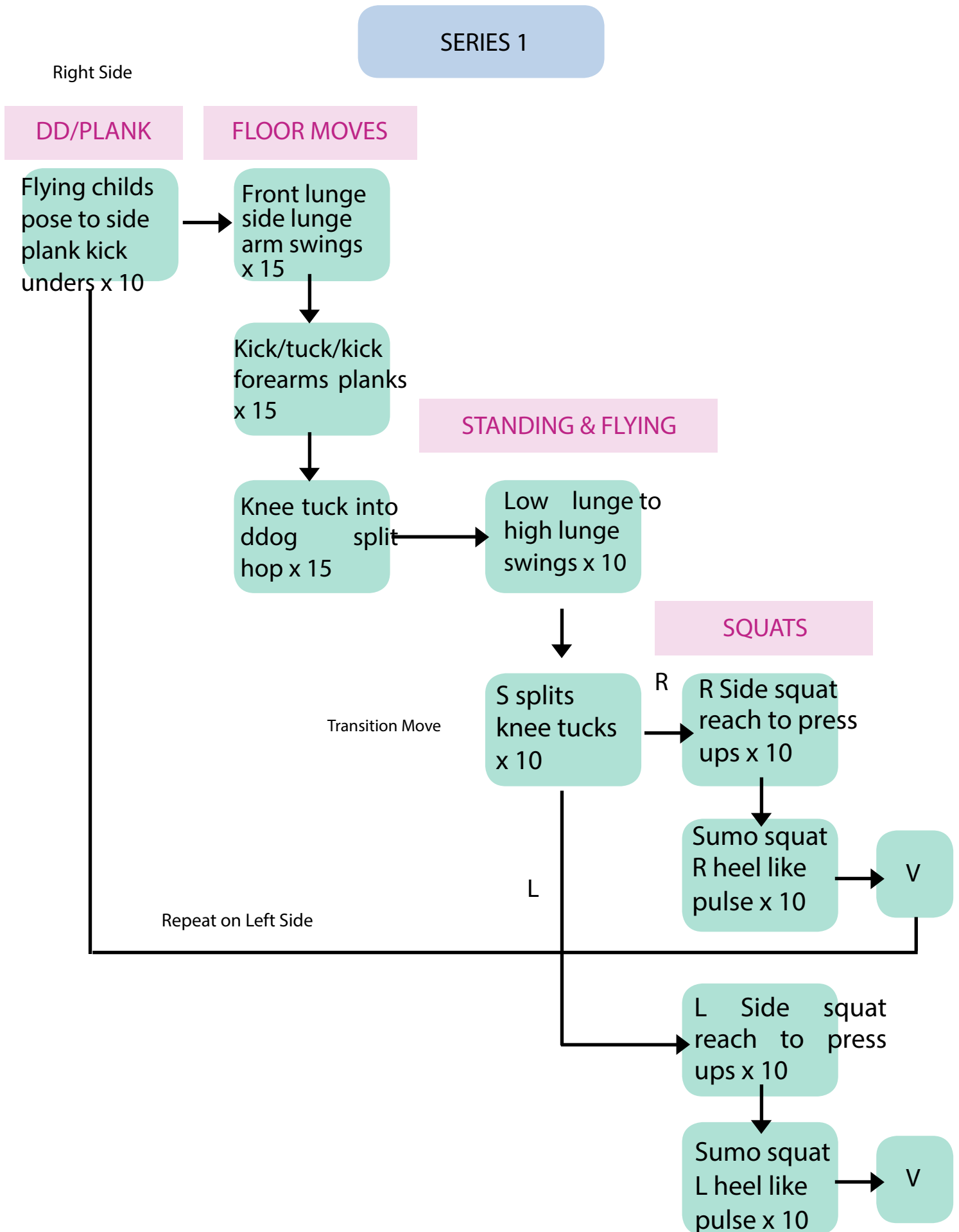
Repeat on Left Side

L Side squat
reach to press
ups x 10

Sumo squat
L heel like
pulse x 10

V

Transition Move



SERIES 2

Right Side

DD PLANK

D dog splits
to side kick
x10

FLOOR MOVES

Forearm scissor
kicks to
reverse side
kick x 15

Kick tucks
to side kick on
elbow x 15

Mod side
plank tucks to
lunge reach x
15

STANDING & FLYING

Low lunge
row ups x
10

Cross ankle
s. splits
x 10

SQUATS

R
R. Tip toe
squat reach to
standing x 10

R. Tip toe
squat pulse
x 10

V

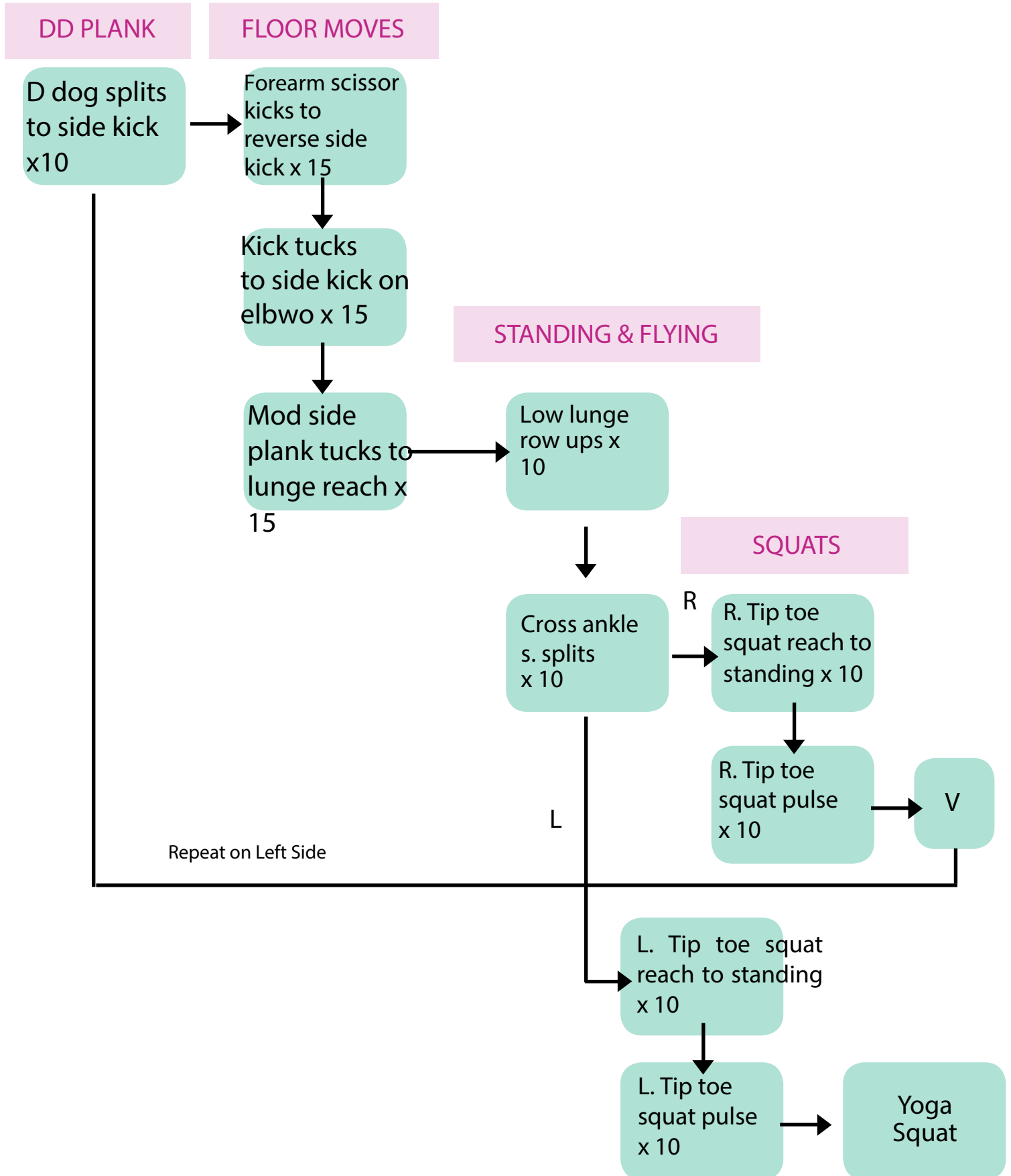
Repeat on Left Side

L

L. Tip toe squat
reach to standing
x 10

L. Tip toe
squat pulse
x 10

Yoga
Squat



ABS / COOLDOWN

ABDOMINALS

Cross ankle straddle
crunches x 10 both
sides

COOLDOWN

Bridge pose x 5
breaths

Happy baby pose
rock side to side into
bow and arrow
stretch x 10 breaths

Spinal twist both
sides x 5 breaths

FINAL RELAXATION

