

HFT with Amanda

Dec 2025

INTRO

BEGINNING STRETCHES

Side bends x 8
each way

Squat presses x 8 |

Squat / folds x 8

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Star tucks x 8

Wide cobra twists
x 5

Leg flip pulse with
interlace each side

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

X ankle tuck
under knee
taps x 10

STANDING & FLYING

Lunge /
curtsy
punches x
10

SQUATS

Chair squat
punch ups
x 10

N/A

V

Squat reach,
arms wide,
squeeze back
x 10

N/A

V

Repeat on Left Side

L

R

SERIES 1

Right Side

DD/PLANK

Plank kick out
knee tap, kick
hip dip tuck x
10

FLOOR MOVES

Same elbow down
kick, swing out,
reach back kick opp
leg

Forearm stack
kick, double kick
to lunge x 15

One arm kick,
flip to R side
kick tuck kick x
15

STANDING & FLYING

Low lunge cactus
fly, 45 degree
reach x 10

SQUATS

N/A

R
Side squat to L
side, punch tuck
twist x 10

Side squat
pulse x 10

V

L

Side squat to R
side, punch tuck
twist x 10

Side squat
pulse x 10

V

Repeat on Left Side

Transition Move

SERIES 2

Right Side

DD PLANK

Ddog splits
to lunge
twist x 10

FLOOR MOVES

Opp elbow kick,
flip to tuck other
knee
x 15

Plank kick, knee
tuck, mod side
plank pulse x 15

Side lying tuck
kick lift, plank
lunge step x
15

STANDING & FLYING

N/A

SQUATS

Warrior 3 to
squat reach
x 10

R

N/A

N/A

V

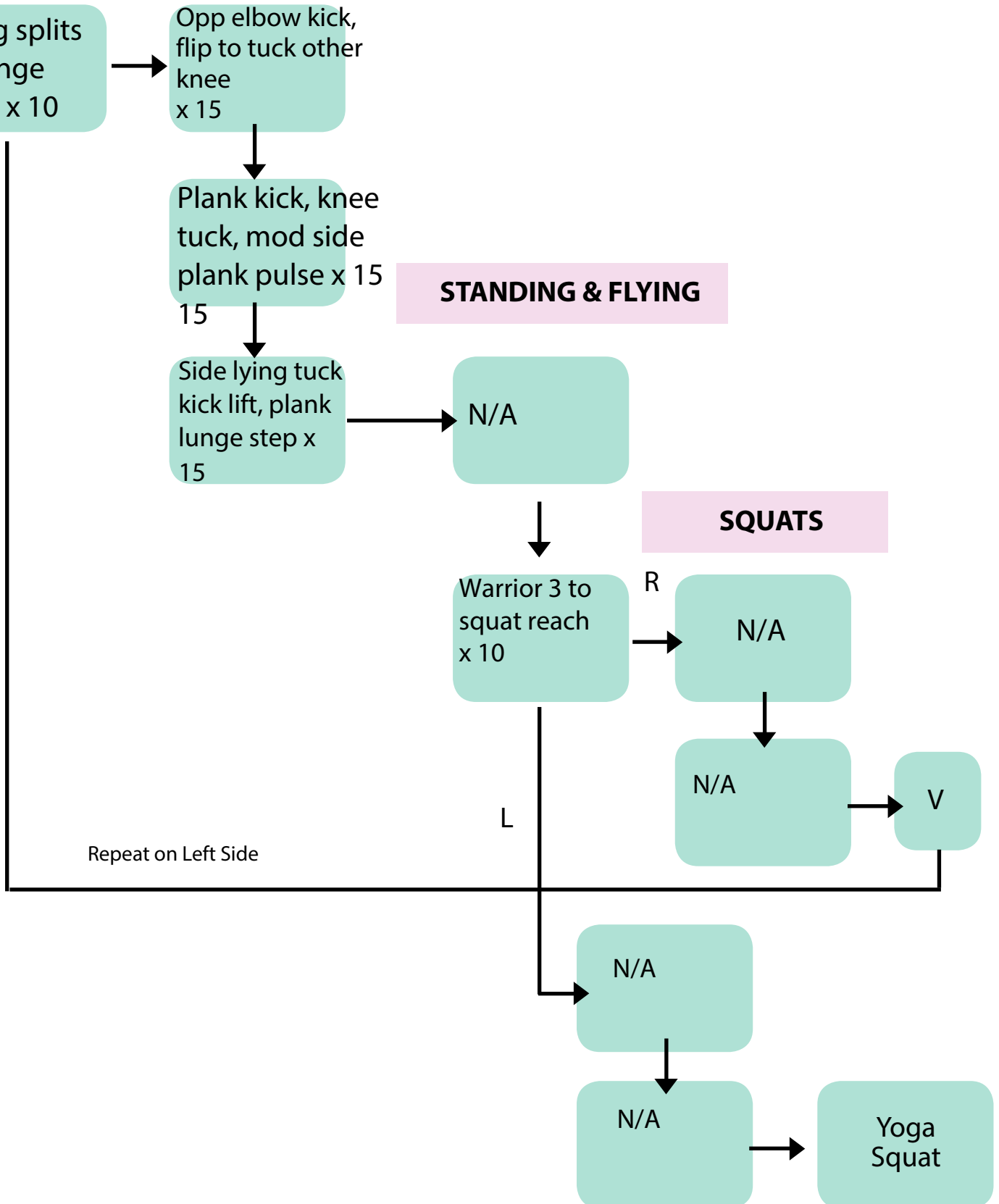
L

Repeat on Left Side

N/A

N/A

Yoga
Squat



ABS / COOLDOWN

ABDOMINALS

Crab opp foot tap x
10

Opp knee crunch to
opp leg foot tap x 10
each side

COOLDOWN

Bridge pose
x 5 breaths

Wide leg straddle
fold, stretch each
side

Happy baby rock into
straight leg stretches

FINAL RELAXATION