

HFT with Amanda

Feb 2026

INTRO

BEGINNING STRETCHES

Side bends x 8
each way

Cross punches x 10
each way |

Squat presses x 5
Squat / folds x 8

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Hip dips both
sides x 10

Star tucks with
weights x 5
Pulse arms back x 5

Cobra twists x 5 |
Interlace stretch up
and to each side

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Wide plank
cross ankle
knee dips x
10

STANDING & FLYING

Lunge twist
forearm
squeeze x 10

SQUATS

N/A

R

Curtsy squat
punch to
squat punch x
10

Squat R tip toe
pulses x 10

V

L

Repeat on Left Side

Curtsy squat
punch to
squat punch x
10

Squat L tip
toe pulses
x 10

V

SERIES 1

Right Side

DD/PLANK

1 Forearm
Ddog splits
straddle roll x
10

FLOOR MOVES

Kick, hike,
kick, knee tuck
x 15

Side kick, grab
heel and pulse
the leg x 15

1 forearm
straddle,
scorpion,
plank kick
out x 15

STANDING & FLYING

Low Lunge
row ups x 10

SQUATS

R
L. leg Crooked
lunge tap /
squat / hop back
reach, hop x 10

N/A

V

L

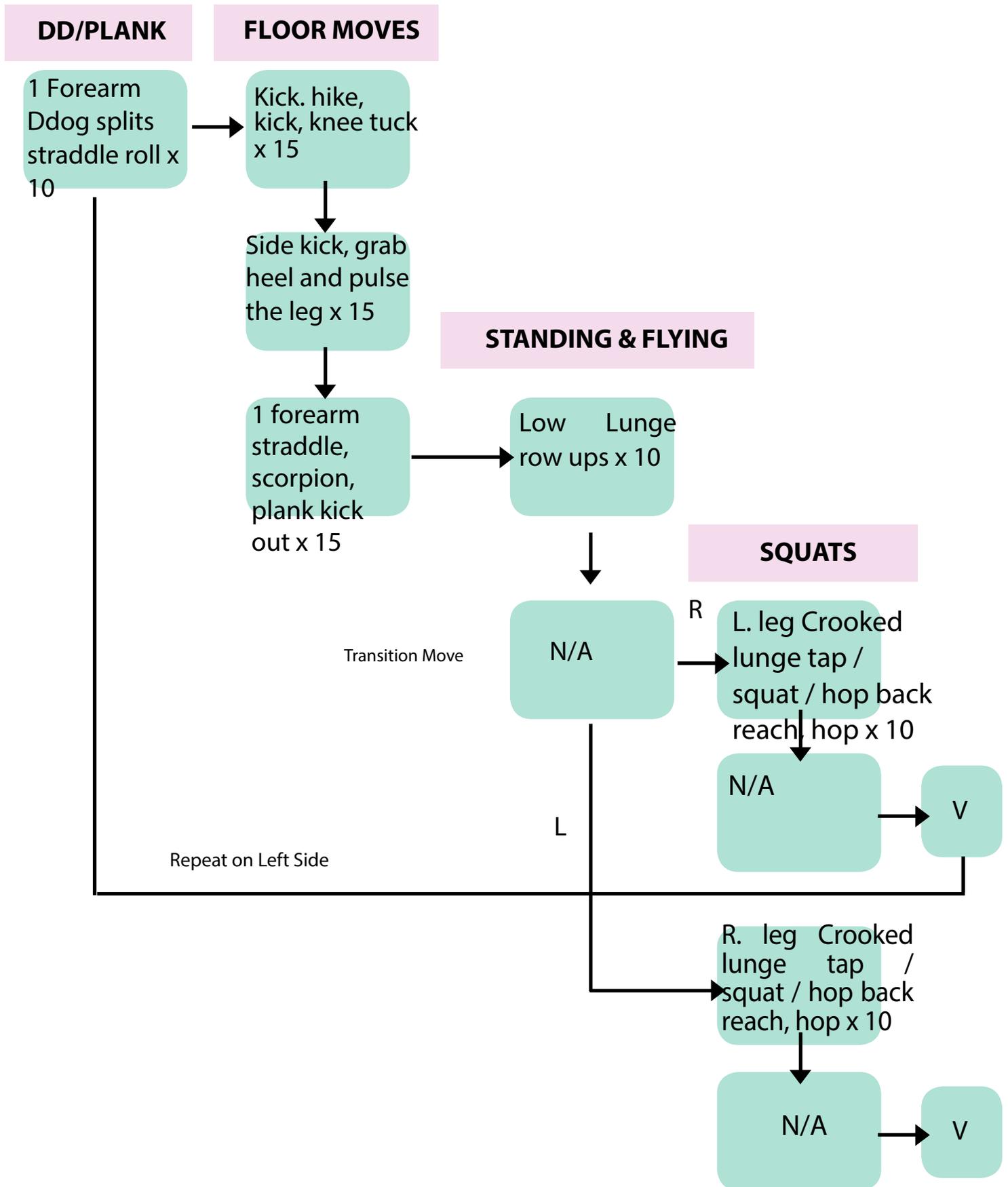
R. leg Crooked
lunge tap /
squat / hop back
reach, hop x 10

N/A

V

Transition Move

Repeat on Left Side



SERIES 2

Right Side

DD PLANK

FLOOR MOVES

Plank tuck
kick tuck/ opp
foot lunge
grab foot x 10

side kick on
forearm / float
arm and tuck
x 15

Kick stand
tap hydrant
pulse x15

Reach / kick
back with
weight to
forearm kick
hops x 15

STANDING & FLYING

w2 sweep
thrus
x 10

half moon
pulse
x 10

SQUATS

R
L Side lunge
pulse to hike
twist x 10

Side lunge
pulse x 10

V

Repeat on Left Side

L

R Side lunge
pulse to hike
twist x 10

Side lunge
pulse x 10

Yoga
Squat

ABS / COOLDOWN

ABDOMINALS

Straddle fold pulse to kick lift x 10 each side

Forearm side crunches x 10 each side

One legged bridge lifts x 10 each side

COOLDOWN

Bridge pose x 5 breaths

Straddle fold to each side x 8-10 breaths

Reclined pigeon with variations into spinal twist x 10 breaths

FINAL RELAXATION