

HFT with Amanda
March 2026

INTRO

BEGINNING STRETCHES

Big arm circles
both directions x 5

Eagle arm squats x
5 each side

FF twists side to
side with wrap
and pulse

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Flying cobbler
planks x 10

Star tucks on belly
x 5 / cobra twists x
5

Shoulder stretch
flips with cobra in
between

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

x ankle plank
knee tuck cross
over wide plank
x 10

STANDING & FLYING

Lunge circle
taps ups x
10 Side

S split
pulses x 10 L
Side

SQUATS

squat circle
ups side to
side x 10

N/A

V

L

Repeat on Left Side

Squat twists x
10

N/A

V

SERIES 1

Right Side

DD/PLANK

X ankle plank to lunge twist x 10

FLOOR MOVES

Kick to opp lunge step circle stretch x 15

Open kick hike kick to plank kick out x 15

Reach back kick to open knee tuck x 15

STANDING & FLYING

Lunge reach ups to w3 x 10

SQUATS

R ankle Fig 4 squat to opp leg handstand kickups x 10

N/A

V

Transition Move

N/A

L

Repeat on Left Side

L ankle Fig 4 squat to opp leg handstand kickups x 10

N/A

V

SERIES 2

Right Side

DD PLANK

Plank tuck
push up
straddle rolls

x 10

FLOOR MOVES

Mod side
plank kick to
Jane fonda
toe tap x 15

Heel grab
hip lifts x
15

Side kick knee
tap knee tucks
x 15

STANDING & FLYING

Low lunge
row rocks
x 10

SQUATS

S.split tucks to
rainbow kicks
x 10

R
R hip side
squat
side flyers x 10

R Side squat
pulses x 10

V

Repeat on Left Side

L

L hip side squat
side flyers x 10

L Side squat
pulses x 10

Yoga
Squat

ABS / COOLDOWN

ABDOMINALS

Boat Crunch reach
ups x 10 each side

COOLDOWN

One legged twist to
each side x 5 breaths

Happy baby bow
and arrows side
to side x 8 each
ways

FINAL RELAXATION