

HFT with Amanda
May 2026

INTRO

BEGINNING STRETCHES

Arm circles x 5
each way,
each side

Eagle squats x 5
each way

Interlace fold x 5B's
Squat press
pulse x 5 B's

T: Flat Back, Plank, Lower to Belly

BELLY SERIES

Cobras x 5

Interlace lift/lower
x 5 into shoulder
rolls each way

Prayer twist with
knee bends x 5 b's
each way

T: Plank

Warm Up

WARM UP

Right Side

DD PLANK

Ddog splits/
knee down
elbow tap x
10

STANDING & FLYING

Low lunge
curl, press hi
lunge, fly
s.splits x 10

SQUATS

S.Splits
oulse x 10

R
Side squat to L
side, squat
pulse x 10

Squat pulse R
heel up x 10

V

Repeat on Left Side

L

Side squat to
R side, squat
pulse x 10

Squat
pulse L
heel up x
10

V

SERIES 1

Right Side

DD/PLANK

D.Dog splits cross knee in front, kick hike kick x 10

FLOOR MOVES

All fours kick, dip opp elbow ankle tuck x 15

Super Crab x 15

Leg pulse to opp side lunge ankle tuck x 15

STANDING & FLYING

Low lunge tap inside, squat, kick/punch x 10

SQUATS

R Side squat tap inside L, side squat R arm out x 10

N/A

V

Transition Move

N/A

L

Repeat on Left Side

Side squat tap inside L, side squat R arm out x 10

N/A

V

SERIES 2

Right Side

DD PLANK

Ddog splits
step and
side stretch

x 10

FLOOR MOVES

all fours
pulse, hip
dip to side
hike, x 15

Pulse let, opp arm
out, hand down
swing leg out x 15

X ankle plank,
lunge knee
down, side
kick x 15

STANDING & FLYING

Lunge arm
swing back to
hike reach
x 10

SQUATS

S.Splits to
straddles x 10

R

Sumo
squats to
big X x 10

Pulse R heel up
x 10, pulse L
heel up x 10

V

Repeat on Left Side

L

Low squat to
FF reach thru
x 10

N/A

Yoga
Squat

ABS / COOLDOWN

ABDOMINALS

Seated leg lifts x 10
each side

Reclined foot taps x 10

COOLDOWN

Bridge pose
x 5 breaths

Figure 4 / reclined
pigeon into spinal twist
both sides x 10 breaths

FINAL RELAXATION