

Total body workout

In your house or yard

SuperSets: Controlled then dynamic
3 rounds

30 sec. Squats/5 Squat Jumps

30 sec Push-Ups/5 Plyo Push-ups

30 sec. Lunges/5 Jump Lunges

30 sec. Lying Hip Press/5 Broad Jumps

Cardio/Abs Challenge: 3 rounds

15 Mountain Climbers

15 Crunches

15 Butt Kickers (in place)

1 minute plank

25 Jumping Jacks

15 Seated Ab Twists (per side)

STRETCH

