

March 15, 2020

Warm Up:

Take 10 minutes to work through your body head to toes!

Core Work:

3x

30 seconds Russian Twists

30 second plank

30 second right side plank

30 second left side plank

30 second plank

25 sit ups

Lower Body:

2x

1:00 Lunges

1:00 Reverse Lunges

1:00 Streamline Jumps

Upper Body:

5x

10 Tricep Dips

10 Push Ups

1:00 Stretch Cord Lat Pull Downs

Cardio:

3x

10 Burpees right into

1:00 Mountain Climbers

Stretch it out and enjoy your day!