

Workout of the Day!
30 Minute Quick Sweat-All Body Weight- Keep Moving!!

Warm up:

Set 1: 30 seconds each 2x

High Knees

Butt Kickers

Jumping Jacks

Squats

Set 2: 30 seconds each 2x

Mountain Climbers

Plank Shoulder Taps

Supine Lateral Leg Drops

Prone Superman Pulses

10 Minute Strength:

Amrap (As many rounds as possible in 10 minutes)

10 Push ups

10 Sit -ups

15 Squat Jumps

15 Crunches

20 Alternating Lunges

20 Alternated Single Leg V-ups

Cardio Ladder 25 - 20 - 15 -10 - 5 (Decrease reps)

Burpees

Mountain Climber Pairs

Skater Pairs

Plank Jacks

Cool Down and Stretch!

Pigeon Pose Quad Stretch Down Dog