



Full Body Workout

Warm Up

(5-8 minutes to prepare your body for the workout)

****If the number of repetitions are too high for your current fitness level, then do as many repetitions you can in 30 seconds for each.****

50 Jumping Jacks

50 High Knees

50 Mountain Climbers

20 Squats

10 Burpees

25 Full Sit-Ups

30 Second Plank

REST

50 Jumping Jacks

20 Lunges

15 Pushups

20 Squats

15 Triceps Dips

25 Crunches

30 Second Plank

REST

50 Jumping Jacks

20 Tuck Jumps

20 Donkey Kicks

20 Squats

25 Sitting Twists

25 Bicycle Crunches

30 Second Plank

Cool Down & Stretch