

A WEEK OF FULL BODY

Each Set Twice

Day 1

40 High Knees
20 Squats
10 Pushup of Choice
45 Sit-ups
10 Burpees
25 Walking Lunges
25 Step Ups
40 Jumping Jacks

Day 2

50 Jumping Jacks
10 Tricep Dips
50 Russian Twist
10 Pushups of Choice
:30 Downward Dog
20 Knee to Elbow Crunch
20 Bird Dogs
50 High Knees

Day 3

60 High Knees
20 Low Side Lunges
15 Kettlebell Swings
20 Squats
30 Bridges
60 Russian Twists
15 Wide/Plie Squat
60 Jumping Jacks

Day 4

Rest

Day 5

70 Jumping Jacks
30 Vertical Leg
Crunches
20 Squats
15 Pushups of Choice
20 Steps Ups
1:00 Forearm Plank
10 Burpees
70 High Knees

Day 6

80 High Knees
30 Leg Lifts
15 Tricep Dips
75 Russian Twists
20 Wide/Plie Squats
1:00 Straight Arm Plank
80 Jumping Jacks

Day 7

90 Jumping Jacks
20 Pushups of Choice
50 Sit-ups
30 Bird Dog Crunch
35 Walking Lunges
20 Kettlebell Swings
15 Jump Squats
90 High Knees