

10 Minute Vacation Workout

A Little Bit Of Everything

Squat thrust clap x 15

Push Up to Y squat x 20

Mountain Climbers x 30

Bicycles x 40

Russian Twist x 40

Low side plank Thread the needle x 30

Reverse lunge front kick x 20 ea side

Burpees x 10

Wide squat Jumping Jack Touch x 20

Tricep Dips x 30

Standing Side kicks x 40 ea side

Repeat up to 3 rounds!