



## **Full Body Workout**

Squat thrust clap x 10

Push Up to Y squat x 20

Mountain Climbers x 30

Bicycles x 40

Hip Lift Abs x 50

Russian Twist x 40

Side plank thread the needle x 30

Reverse lunge front kick x 20

Burpees x 10

Starburst Jumps x 20

Tricep Dips x 30

Monkey Squats x 40

Jumping Jacks x 50

