



get active.

HOME WORKOUT 2

FULL BODY

1. Move your body for 3-5 minutes to warm-up. Run in place, jumping jacks, high knees, and/or butt kicks.
2. Stretch

Complete each set of exercises before moving onto the next group.

SET 1: 12 - 10 - 8 - 5 - 3

1. Hop Squat Forward, Then Back
2. Chair Tricep Dips
3. Burpees
4. Wide Squats With Butt Kick
5. Standing Side Ab Crunch
6. Tight Curtsey

SET 2: PLANK CRANK - 3 ROUNDS OF 20

1. Plank Reach Through
2. Knee Cross Overs
3. Shoulder Taps
4. Knee to Triceps

SET 3: 3 ROUNDS - 30 SEC. EACH + WORK YOUR WAY UP TO 1 MIN.

1. Wall Sit
2. Arm Punches