Full Body Workout #10

**Warm-Up:**

* Flow- Sun, Tree, Warrior III, Warrior, Downward Dog, Upward Dog, Extended
* \*2 Rounds \*40 on/20 off
	+ Squat + Quad Hold (alt.)
	+ Inchworms
	+ Side to Side Lunge
	+ Mtn. Climbers
	+ Bridges

**Workout:**

* \*4 Rounds \*40 on/20 off
	+ 5 Pulse Lunge Switch (alt.)
	+ In + Out Squats
	+ Pushups (knee)
	+ Beast to Deep Squat
	+ Spiderman Lunge

**ABS:**

* \*As many rounds as desired \*40 on/20 off
	+ Thigh Taps
	+ Shoulder Taps
	+ Heel Taps
	+ Leg Lifts
	+ Leg Lift Hold
	+ Almost Dead 🡪 Fully Dead Bug

Done!!