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!!