Full Body Workout #11

**Warm-Up:**

* Flow-Sun, Tree, Warrior III, Warrior, Downward Dog, Upward Dog, Extended
* \*4 Rounds \*20 on/10 off
  + I’s
  + T’s
  + Superman
  + Downward Dog/Upward Dog
  + Squat with Punch

**Workout:**

* \*2 Rounds 5 Full Move/ 5 Pulse/ 5 Sec. Hold
  + Squat
  + SL Deadlift
  + Side Lunge
  + Fire Hydrants
  + Donkey Kicks
  + SL bridge
  + Bridge + Abductions

**ABS:**

* \*As many rounds as desired \*40 on/20 off
  + Triceps Pushup
  + Single Leg Raise
  + Leg Lift Hold
  + Heel Taps
  + R. Elbow to knee
  + L. Elbow to knee

**Done!!**