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!!**