Full Body Workout #12

**Warm-Up & Workout:**

* \*2 Rounds \*40 on/20 off
	+ Shrugs
	+ Cobra Pushups
	+ Deep Squat Calf Raisers
	+ Beast Hold
	+ Knee In + Outs
	+ Leg Lift alt. 🡪 together
	+ In + Out Squats
	+ Triceps Pushup
	+ Side to Side Lunges (rainbow)
	+ Forward and Back Plank

Done!!