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!!