Full Body Workout #1

**Warm Up: 20 on/10 off**

* Jumping Jacks
* Squats
* Pushups
* Squat hold
* Glute bridge
* Lunges
* Plank
* Crunches
* Mtn. Climbers
* Streamline Stretch

**Workout: \*30 on/ 10 off \*4 rounds**

* Controlled Inchworm w/push-up
* Split Squats (keeping feet kind of close)
* Single Leg Squats (either one foot up on chair OR sit to stand)
* Body weight lean-backs
* Pulsing lunges
* Seated leg extension

**AB Challenge: 20 on/ 10 off**

* Flutter kicks
* Elbow plank
* Leg lifts
* Russian twists
* Mtn. climbers
* Superman
* Left side plank
* Wipers
* Right side plank
* Flutter kicks
* Mtn. climbers

DONE!