Full Body Workout #2

**Warm-up: \*2 rounds \*30 on/no rest**

* Spiders
* Lunges
* Walkouts (inchworms with no pushup)
* Burpees
* Mtn. climbers

**Workout: \*4 rounds \*30 on/10 off** \*light weights \*slam ball

* Windmill (weights)
* Seated shoulder press (weights)
* YTW (weights)
* Elbow plank
* Burpees
* Slam ball

**AB Challenge: \*2 rounds**

* 20 flutter kicks
* 20 in & outs
* 20 breastroke kicks
* 10 sit-ups
* 10 elbow to opposite knee full sit-ups
* 10 Russian twists
* 10 second leg raise hold
* 10 leg raises
* 10 leg raise circles

DONE!