Full Body Workout #3

**Warm-Up: \*30 on/10 off**

* Squat pulse
* Butterfly arms
* Lunges
* Backstroke arms
* Curtsy lunges w/pulse
* Breastroke arms
* Skaters
* Freestyle arms
* Handstand hold
* Streamline stretch

**Workout: \*40 on/20 off \*4 rounds**

* 4X4-down down- up up- jump forward
* Squat pulse
* Flutter kicks
* Plank shoulder taps
* Roll over pushups

**AB Challenge: \*2-4 rounds**

* 10 plank jump ups
* 10 extended sit-ups
* 10 elbow to opposite knee – full crunch (one leg up and crossed)
* 10 Dead bugs
* 10 plank hand to knee touch

DONE!!