Full Body Workout #4

**Warm-up:**

* Sun, downward, upward, extended, child’s X4
* 2 rounds \*30 on/10 off
  + Lunge + twist
  + Hands up push-ups
  + Toe 🡪 sky (obliques)
  + Bird dog
  + Crunches

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

* Criss-cross squat
* Squat pulses
* Forward and back plank
* Reverse plank with heel tap
* Side to side push-ups

**AB Challenge: \*4 rounds \*20 on/ 10 off**

* Plank taps
* Leg raise
* Upward/Downward Dog
* Plank up-up/down-downs
* Side plank rotations
* Dead bugs

DONE!!