Full Body Workout #5

**Warm-up:**

* Sun, downward, upward, extended, child’s X4
* \*2 rounds \*30 on/ no rest
  + Knee push-ups
  + Mtn. climbers
  + Windmill (side, middle, side)
  + Lunges w/pulse + fast switch
  + Plank out + in

**Workout: \*4 rounds x EMOM**

* 30 lunge side to side (stay low)
* 30 Squats
* 20 lean backs
* 30 plank knee touch
* 30 sec. YTW

**AB Challenge: \*40 on/20 off**

* Lean back to knee push-up
* Dead bugs
* Bird Dog
* Crunches
* Plank extension
* Right side plank
* Superman’s
* Left side plank
* Extended crunch
* Full plank (elbow or full)

DONE!!