Full Body Workout #6

**Warm-up:**

* Sun, downward dog, upward dog, extended, child’s
* \*2 rounds \*30 on/ not rest
  + Squat with punch
  + Lunge pulse
  + Single leg floor taps
  + Knee pushups
  + Single leg crunches

**Workout:**

* \*4 rounds \*40 seconds on/ 20 off
  + Reverse plank- 2 toe taps + 1 dip
  + Side to side lunge 🡪 2 squat pulses
  + Squat with oblique leg lift (alternating after each squat)
  + Inchworm + pushup
  + Bird Dog (adv. Elevated)

**AB Challenge:**

* \*As many times through \*40 secs on/ 20 off
  + Alt. Single leg raise
  + Leg raise hold
  + Synchronized leg taps
  + Down-down-up-up- 2 mtn. climbers
  + R. Elbow to L. knee crunch
  + L. Elbow to R. knee crunch

DONE!!!