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!!!