Full Body Workout #7

**Warm-up:**

* Sun, Warrior 3, Warrior, downward dog, upward dog, extended
* \*2 rounds \*40 on/20 off
	+ Forward Quad hold (alt)
	+ Back Quad hold (alt)
	+ Beast to deep squat
	+ Lunge to lift (Left)
	+ Side to side lunge
	+ Lunge to life (Right)
	+ Scoops (alt)
	+ Forward and back plank
	+ Arm flutters (on ground)
	+ Behind the back (on ground)

**Workout:**

* \*2-4 rounds
	+ 10 pushups
	+ 20 forward punches (held in squat)
	+ 10 Thigh Taps
	+ 10 Shoulder Taps
	+ 20 Overhead punches (held in squat)
	+ 10 upward dog/downward dog
	+ 1 minute rotating punch (held in squat)
	+ 1 minute arm circles (standing, switching every 15 secs)

**ABS:**

* \*2 rounds \*40 on/ 20 off
	+ Single straight leg crunch (alt.)
	+ Superman hold
	+ Crunches
	+ Pillow Toss
	+ Heel Taps
	+ Russians

DONE!!!