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!!!