Full Body Workout #8

**Warm-up: {Tough one for sure!}**

* Flow: Sun, Tree, Warrior III, 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:**

* \*3 Rounds \*40 on/20 off \*AMRAP (Keep track of your reps on a paper)
	+ Jump Squats
	+ Lunges
	+ Squats
	+ Pushups (can be knee pushups)
	+ Plank Thigh Taps
	+ Leg Lifts

**ABS:**

* \*2 rounds \*40 on/20 off
	+ Single Straight Leg Crunches (alt.)
	+ Leg Lift Hold
	+ Crunches
	+ Pillow Toss
	+ Heel Taps
	+ Almost Dead Bugs + Fully Dead Bug (R&L, L&R, Both)

Done!!