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!!