Full Body Workout #9

**Warm-up:**

* Flow- Sun, Tree, Warrior III, Warrior, Downward Dog, Upward Dog, Extended
* \*2 rounds \*30 on/ no rest
	+ Squat punch
	+ Lunge pulse
	+ Standing Ground Taps (single leg)
	+ Pushups
	+ Single leg crunch

**Workout:**

* \*4 Rounds \*40 on/20 off
	+ Reverse plank: toe tap alt 🡪 dip
	+ Side to side lunge 🡪 2 squats
	+ Standing Oblique (squat lift + lift)
	+ Inchworm + pushup
	+ Bird dog

**ABS:**

* \*As many rounds as desired \*40 on/20 off
	+ Single Leg Raise
	+ Leg Hold
	+ Toe Taps
	+ Down-Down-Up-Up Plank + 2 mtn. Climbers
	+ R. Elbow to knee crunch
	+ L. Elbow to knee crunch

Done!!