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!!