

# TOTAL BODY WORKOUT

*try it workout*

*core*

## SINGLE LEG V UP

30 SECONDS EACH SIDE

## CROSS LEG RAISES

30 SECONDS EACH SIDE

*strength*

## CHEST PRESS (KNEE TUCK OPT)

20-30 TOTAL REPS

## SPLIT HOLD LATERAL RAISE

8-12 REPS/SIDE

*strength*

## SUMO SQUAT WITH ROW

15-20

## WALL SQUAT WITH BAND BREAK APARTS

15

*endurance*

## DB SIDE SWEEP

30 TOTAL

## ALTERNATE STEP BACK WITH ROTATION

30 TOTAL

*endurance*

## ALTERNATE SIDE KICKS

30

## MOUNTAIN CLIMBERS (SLIDER OPT)

30

*mobility*

## LOW LUNGE

30-60 SECONDS/SIDE

## STRETCHING CAT/COW

10