

# TOTAL BODY WORKOUT

October 17, 2021

A

**X OUT SUPERMANS**

15

**DIAMOND SIT UPS**

12

**SIDE LYING CLAMS**

15/SIDE

B

**SUMO SQUAT**

15

**CHEST PRESSES KNEE TUCK OPT**

20-30 TOTAL

**DEADLIFT ROW**

12

C

**ALT STEP BACK WITH ROTATION**

30

**ROW WITH A PAUSE**

12

**STEP UP WITH SHOULDER RAISE**

30

stretch

**SEATED BUTTERFLY**

5 BREATH

**LOW LUNGE**

5 BREATH