



ON THE GO WORKOUTS



Leg Burner

- 20 Squats
- 30 Lunges (per leg)
- 40 Calf Raises
- :50 Wall Sit
- 100 Jumping Jacks
- :50 Wall Sit
- 40 Sumo Squats
- 30 Leg Raises (per leg)
- 20 Squats

Cardio Craze

- Run 1:00
- Walk 1:30

Repeat 8 Times

Upper Body

- 10 Shoulder Taps
- 10 Walkouts
- 15 Tricep Dips
- 20 Down Dog Push Ups
- :30 Plank
- 20 Shoulder Taps
- 15 Burpees
- 10 Walkouts + Twist
- 10 Tricep Dips

To The Core

- Mountain Climbers
- V-Ups
- Flutter Kicks
- Bicycle Crunches
- Plank
- Wipers
- Scissors

Perform each for 1:00
Repeat 2-3x

Full Body Burn

- 15 Jumping Jacks
- 15 Squats
- 15 Mountain Climbers
- 15 Push Ups
- 15 Burpees

Repeat 3 - 4x

Feisty 4

- 1:00 Jumping Jacks
- 1:00 Wall Sit
- 1:00 Plank w/
Shoulder Taps
- 1:00 Mountain
Climbers