



#### **Full Body Workout**

jumping jacks x 30 sec on/30 sec off elbow to knee jabs x 30 sec on/30 sec off knee tucks x 30 sec on/30 sec off diagonal lunge x 30 sec on/30 sec off Plank x 30 sec on/30 sec off

5 SETS

### JUMPING JACKS x 30sec on / 30sec off



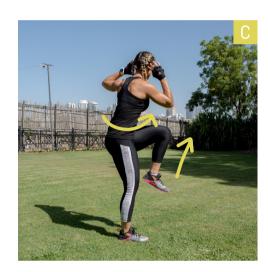




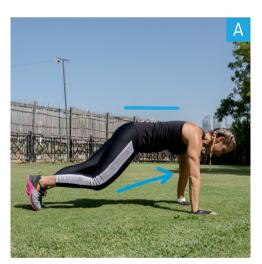
### OPPOSITE ELBOW TO OPPOSITE KNEE JABS x 30sec on / 30sec off

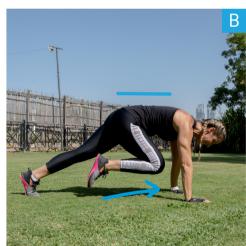


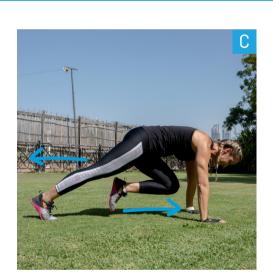




KNEE TUCKS x 30sec on / 30sec off



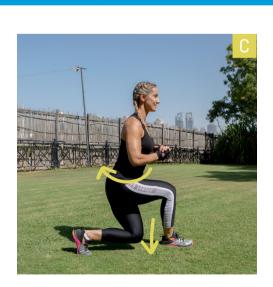




# ALTERNATING DIAGONAL LUNGE BACKS x 30sec on / 30sec off







## PLANK x 30sec on / 30sec off

