



FULL BODY TONE

Repeat 4-8 Rounds of:

ORDER	EXERCISE	REPS
A1	Jumping Lunges	6 each leg
A2	In and out squat jumps	10
A3	(Off knees if needed) Push ups	8
A4	In and out crunches	12
A5	Side to side plank jump ins	5 each side
A6	Mountain climbers	20 sec
A7	Rest break	60 sec

Once you have finished your designated number of rounds from the above circuit, complete the finisher below!

FINISHER

3 minutes continuous work- Completing as many rounds as possible in the 3 min:

ORDER	EXERCISE	REPS
A1	Shoulder Taps	10 each arm
A2	Burpees	6
A3	Pulse lunges	6 each leg