

30 min workout at home



5 small arm circles front/back
5 medium arm circles front/back
5 big arm circles front/back
10 arm swing hugs

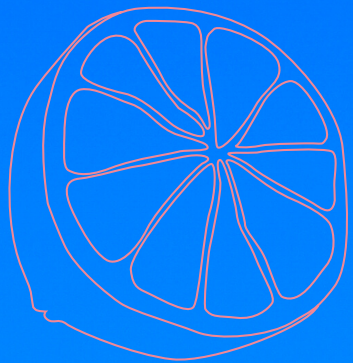
2x

5 leg swings side to side right/left
5 leg swings front to back right/left

1x

50 jumping jacks
3 inch worms into plank w/ 10 shoulder taps
40 jumping jacks
3 inch worms into plank w/ 10 shoulder taps
30 jumping jacks
3 inch worms into plank w/ 10 shoulder taps
20 jumping jacks
3 inch worms into plank w/ 10 shoulder taps
keep hips stable on shoulder taps, full movement on
inch worms stand up in between

#GOSUNKIST



1:00 plank

30 Russian twist

1:00 mountain climber :50 steady :10 fast

20 toe touches

5 froggers

10 V ups :10 rest after 5

2:00 rest/walk it out

:30 right side plank/:30 left side plank

20 bicycle crunches

1:00 mountain climber :40 steady :20 fast

20 glute bridge raises

5 froggers

10 v ups :10 rest after 5

2:00 rest/walk it out

:30 plank :15 each side

:45 flutter kick on back

1:00 mountain climber :30 steady :30 fast

5 froggers

10 v ups :10 rest after 5

10 minute active warm down