

30 min workout at home



#GOSUNKIST

10 Minute Active Warm Up

100 Jumping Jacks

5 squats

:30 plank

:20 shoulder tap body tight

15 push ups tight into.....

100 Jumping Jacks

10 squats

:30 plank

:20 shoulder tap body tight

10 push ups right into...

100 Jumping Jacks

15 squats

:30 plank

:20 shoulder tap body tight

5 push ups right into..

100 Jumping Jacks

20 squats

:30 plank

:20 shoulder tap body tight

0 push ups

4x

5 burpees

:20 run in place high knee

10 lateral skiers

:20 calf raises

Active walk down

+

Full body stretch

