

25-minute FULL BODY workout

W A R M U P

4 squats + overhead reach (L)

4 side lunges to L + R hand to L foot

4 large arm circles to the front

4 squats + overhead reach (R)

4 side lunges to R + L hand to R foot

4 large arm circles to the back

30 seconds of
alternating reverse lunges

30 seconds of
high knees

30 sec
REST

30 seconds of
skater lunges

30 seconds of
jumping jacks

30 sec
REST

30 seconds of
high-to-low planks

30 seconds of
mountain climbers

30 sec
REST

30 seconds of
toe touches

30 seconds of
bicycles

1 min
REST

repeat 2 more times!

C O W L D O W N

standing side bend (L)

cross-body shoulder stretch (L)

standing quad stretch (L)

standing hamstring stretch (L)

runner's lunge (L)

standing side bend (R)

cross-body shoulder stretch (R)

standing quad stretch (R)

standing hamstring stretch (R)

runner's lunge (R)