



BODYWEIGHT WORKOUT - 170 reps

20 Squats with Twist (10 each side)

20 Plank Lunge Step Up (10 each side)

20 Single Leg Deadlift (10 each leg)

20 Arm Circles

10 Baby Cobras

30 Tabletop Donkey Kicks

10 Pilates Roll Ups

10 Squats with Twist (5 each side)

10 Plank Lunge Step Up (5 each side)

10 Single Leg Deadlift (5 each leg)

10 Arm Circles

