



# TOTAL BODY BURN WORKOUT

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| WARM UP      | 5 minutes brisk walk<br>arm & leg circles  |
| ROUTINE      | 10 lunges each side<br>10 Jumping Jacks<br>10 push-ups<br>10 squats<br>30 ab bicycles each side<br>1 minute plank<br><br>Repeat 4x |
| COOL<br>DOWN | stretch and you're done!   |