

DAY 6 (Total Body)

DB = Dumb Bell

40 Seconds Alternating Lunges w/DB Shoulder Press

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds DB Jump Squats

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Run in Place

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Band Back Pull Downs

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Knee Tuck Pushups

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds DB Get Up Sit Ups

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Renegade Rows

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Russian Twist

20 Seconds Jumping Jacks

>> 3 Rounds <<

40 Seconds Burpees

20 Seconds Jumping Jacks

>> 3 Rounds <<