

DAY 12 (Total Body)

DB = Dumb Bell

20 Seconds Bear Crawl + 10 Seconds REST

20 Seconds Butt Kicks + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Band Pull Downs + 10 Seconds REST

20 Seconds Staggered Pushups + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Front to Side to Back Lunges (1:1) + 10 Seconds REST

20 Seconds DB Thrusters + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Plie's Squats to Overhead Tricep Extensions + 10 Seconds REST

20 Seconds DB Bentover Rows + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Squat Thrust with Shoulder Taps + 10 Seconds REST

20 Seconds Ab Crunches + 10 Seconds REST

>> 4 Rounds <<

20 Seconds DB Stiff Legs to Bicep Curls + 10 Seconds REST

20 Seconds DB Squat Upright Rows + 10 Seconds REST

>> 4 Rounds <<

20 Seconds Band Walking Side Squats + 10 Seconds REST

20 Seconds Band Walking Side Squats + 10 Seconds REST

>> 4 Rounds <<