Session 21

|  |  |  |  |
| --- | --- | --- | --- |
| **Full Body Workout** | |  |  |
| *ROUND 1:* | **Exercises** | Reps | Time (sec) |
| *Legs* | In/Out Jump Squats | 100 |  |
| *Hips/Back* | Legs Overhead Flutter Kicks | 100 |  |
| *Abs* | Heel or Toe Tap Cruches | 100 |  |
| *Chest* | Side Press Ups | 100 |  |
| *Shoulders* | Straight Arm Frontal Raise | 100 |  |
| *Arms* | Tricep Kick Backs | 100 |  |
| *Stability/Holds* | Plank (Elbows - Hands) |  | 100 sec |
| *HR Elevation* | Half Burpees | 100 |  |
|  |  |  |  |
| *ROUND 2:* | **Exercises** |  |  |
| *Legs* | High Knee, Step Back, Jump Lunge | 80 |  |
| *Hips/Back* | Spider-Man Open Ups | 80 |  |
| *Abs* | Russian V-Tuck Twist | 80 |  |
| *Chest* | Knees Down Spider-Man Press Ups | 80 |  |
| *Shoulders* | Supine Press Ups | 80 |  |
| *Arms* | Bicep Pulses | 80 |  |
| *Stability/Holds* | Wall Sit, Twist & Touch |  | 80 sec |
| *HR Elevation* | X-Jumps | 80 |  |
|  |  |  |  |
| *ROUND 3:* | **Exercises** |  |  |
| *Legs* | Floor Touch Squats | 60 |  |
| *Hips/Back* | Wide Walkouts, Hip Hinge Toe Taps | 60 |  |
| *Abs* | Starfish Crunches | 60 |  |
| *Chest* | 4 sec down / 1 sec up Press Ups | 60 |  |
| *Shoulders* | Shoulder Press Ups | 60 |  |
| *Arms* | Tricep Press Ups OR Tricep Dips | 60 |  |
| *Stability/Holds* | V-Sit |  | 60 sec |
| *HR Elevation* | High Knees Sprint | 60 |  |