Session 21 / Cycle 3

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| **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 | 90 |   |
| *Hips/Back* | Spider-Man Open Ups | 90 |   |
| *Abs* | Russian V-Tuck Twist | 90 |   |
| *Chest* | Knees Down Spider-Man Press Ups | 90 |   |
| *Shoulders* | Supine Press Ups | 90 |   |
| *Arms* | Bicep Pulses | 90 |   |
| *Stability/Holds* | Wall Sit, Twist & Touch |   | 90 sec |
| *HR Elevation* | X-Jumps | 90 |   |
|  |   |   |   |
| *ROUND 3:* | **Exercises** |   |   |
| *Legs* | Floor Touch Squats | 80 |   |
| *Hips/Back* | Wide Walkouts, Hip Hinge Toe Taps | 80 |   |
| *Abs* | Starfish Crunches | 80 |   |
| *Chest* | 4 sec down / 1 sec up Press Ups | 80 |   |
| *Shoulders* | Shoulder Press Ups | 80 |   |
| *Arms* | Tricep Press Ups OR Tricep Dips | 80 |   |
| *Stability/Holds* | V-Sit |   | 80 sec |
| *HR Elevation* | High Knees Sprint | 80 |   |