

Exercise Routine



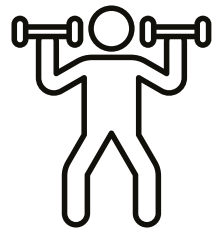
Warm up:

- 10 toe touchers
- 20 Jumping jacks
- 30 mountain climbers
- 40 high knees



Arms:

- 10 push- ups (modify if needed)
- 15 tricep dips
- 20 Shoulder taps



Legs:

- 20 forward alternating lunges
- 20 backward alternating lunges
- 30 squats
- 10 donkey kicks right side
- 10 donkey kicks left side



Core:

- 10 sit ups
- 20 crunches
- 30 Russian twist
- 40 bicycle crunches



Cardio:

- 5 burpees
- 10 high knees
- 20 butt kickers



End w/o:

- 30 second plank
- Stretch out cool down

