

Workout of the Day! Quick & Simple!

Take a 30 second break between each exercise

knee highs at a quick pace	20 reps x3
Lateral lunges	20 reps per side x3
Burpee	8 reps x3
Diamond pushups	10 reps x3
Spider plank	12 reps per side x3
Superman	12 reps x3
Jack knife	12 reps x3

Cool down and stretch