

This is what you're aiming for.

Free Sample - Total Body

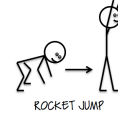
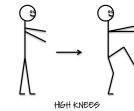
This is a Circuit Workout.
Do 10 - 20 reps of each exercise
and 3 - 5 sets of each circuit.

Be sure to warm-up!

Warm-up:

1. High Knees - From standing, raise knees to touch hands.
2. Rocket Jumps - Bend over to touch floor, then reach up with a jump.

1 minute of each x2 sets



Workout:	1.	Push-Ups - from knees or toes	We still love push-ups!		
			 PUSH-UPS (KNEES)	 PUSH-UPS (TOES)	
	2.	Stationary Lunges.	 STATIONARY LUNGES		
	3.	Tricep Dip - sit on the floor with elbows bent. Straighten elbows to engage Triceps. Lower body part way to floor for one rep.	 TRICEP DIPS		
	4.	Ski Jumpers - Jump from one foot to the other landing with slight bend in knee.	 SKI JUMPER		
	5.	Burpees.	 BURPEE	Truly a crowd pleaser. 😊	
	6.	Crunches.	 CRUNCHES		
	7.	Bicycle.	 BICYCLE		
8.	Superman - Raising arms and legs.	 SUPERMAN			

Cool Down:

1. Walk to recover.
2. Stretch major muscles.

Don't forget the cool down!

THIS AWESOME WORKOUT
HAS BEEN DESIGNED BY
thePoint
for fitness