

## DAY 19 - Full Body

- ❖ Warm up with a 5 minutes of light cardio of your choice (fast walk, light jog, bike, skipping rope, etc.)
- ❖ Once you're warmed up, do the exercises in the order shown below and do each move for 30 seconds for beginner, 45 seconds for intermediate and 60 seconds for more advanced. **Try to go from one exercise to another without taking a break.**
- ❖ At the end of each complete circuit, take a 1 to 2 minutes water break. And then REPEAT entire circuit!
- ❖ Do the circuit 2 – 3 times.

### 1. Squat jump (modified- wall stability ball squat and hold the whole time)

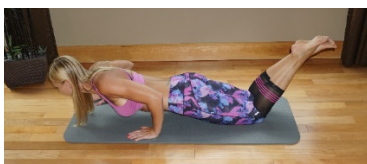


### 2. Skipping rope (if no space, do the action of skipping rope, be sure to use arms)

### 3. High knees jump (modified – one knee at a time without jumping)



### 4. Push-ups (modified – on your knees)



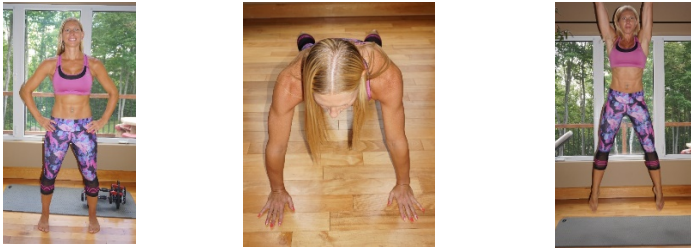
**5. Butt kicks fast (modified – slow)**



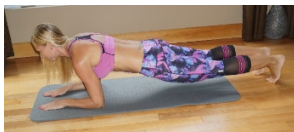
**6. Mountain climber with Twist to opposite elbow or modified-regular mountain climber.**



**7. Burpees (modified – one leg down at a time (modified burpees) or use a chair.**



**8. Plank**



**9. Skipping rope (if no space, do the action of skipping rope, be sure to use arms)**

- ❖ When you are done the full circuit 2 – 3 times, make sure to drink water and include some stretches.