

NO-EQUIPMENT WHOLE BODY ROUTINE

1 0 m i n u t e s

Start this full body workout with a thorough warm up and finish with a set of static stretches. Repeat this circuit 2 times and rest for 60 seconds between sets.



S P O T E B I . C O M



45"

fingertip to toe jacks

20" + 20"



front and back lunges



45"

touch and hop

20" + 20"



lying side crunch



45"

cross jacks

45"



tabletop reverse pike

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M Woodhall



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