NO-EQUIPMENT WHOLE BODY ROUTINE

10 minutes

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.

SPOTEBI.COM

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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