

DAY 24 (Total Body)

DB = Dumb Bell

30 Seconds Plyo Pushups

30 Seconds Alternating Jump Lunges

>> 4 Rounds <<

30 Seconds DB 1 Arm Squat Upright Rows (RIGHT)

30 Seconds DB 1 Arm Squat Upright Rows (LEFT)

>> 4 Rounds <<

30 Seconds Burpee Broad Jumps

30 Seconds Ice Skaters

>> 4 Rounds <<

30 Seconds 1 Arm Plank DB Rows (RIGHT)

30 Seconds 1 Arm Plank DB Rows (LEFT)

>> 4 Rounds <<

30 Seconds Squat Thrust Butt Kicks

30 Seconds Heismans

>> 4 Rounds <<

30 Seconds 1 Arm Get Up Sit Ups (RIGHT)

30 Seconds 1 Arm Get Up Sit Ups (LEFT)

>> 4 Rounds <<

30 Seconds Jump Ropes

30 Seconds DB Jumping Jacks

>> 4 Rounds <<