



## **DAY 12: FULL BODY**

### Warm up:

- 100 Jumping-jax or 200 Jump rope

### Stretches:

- Legs, Arms, Shoulders, Chest and Back

### Workout of the Day:

2-Minutes work, 30-second rest:

If you have weights scale appropriately as 2 minutes is a long time!

- 2-Minute nonstop- Overhead Press or Push-ups
- 30-Second Rest
- 2-Minute nonstop- Front Squats or Squat Jumps
- 30-Second Rest
- 2-Minute nonstop- Deadlifts or Burpees

### CORE:

100 Sit-ups

50 (each side) Oblique Crunches

### END

Post your results on social media tagging:

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