

# Total Body Workout

**Jumping Jacks**

**Walking Lunges**

**Push Ups**

**Curb Taps**

**Reverse Lunge to High Front Kick**

**Triceps Dips**

**Frog Hops**

**Sit Ups**

**Jump Rope (no rope needed)**

**Squats (wide, narrow, or add hop)**

**Side Shuffle (stay low)**

**Single Leg Dead Lift (each leg for 30)**

**High Knees**

**Side Plank (each side for 30)**

**Plank Hold**

**Skip or Jog**

**Complete each exercise for 30 seconds, resting when needed, for 2-3 rounds.**

**BONUS:  
add 10 burpees after each round!**



**B A S I N**  
**R E C R E A T I O N**