

VIRTUAL BOOTCAMP DAY 4

Grab a book or sofa pillow *and* a KB or weight

Warm up = SIDE-TO SIDE SHUFFLE + TAP 2 MINS, 50 JUMPING JACKS or high knees - repeat 2x

20-40's!

20 Curtsy Squats, 40 high knees - 3X

20 Dips, 40 fast feet - 3X

10/side Single-leg dead lifts, 40 high knees - 3X

20 Thruster, 40 fast feet - 3X

CORE:

PLANK ELBOW-TO-KNEE TOUCHES 20X

SCISSOR KICKS - 40X TOTAL

DRUNKEN MTN. CLIMBERS - 20X

STRETCH!