

## HOT FULL BODY WORKOUT

A workout routine that you can do anywhere might be more likely to actually happen. Download this workout, save it to your smart phone, iPad, or whatever, and then when you're ready to put in those earphones and crank it out, go for it! No rest until you finish the entire circuit through before repeating a total of 4x. You've got this.

### CIRCUIT: REPEAT 4X

#### 1/ FLAT ROAD OR UPHILL SPRINT, :30



#### 2/ SUMO SQUAT JUMPS, :60

#### 3/ JUMP ROPE, :60

#### 4/ SURRENDERS, :60



Start in a kneeling position, then lift left leg, followed by right until you are holding a low, wide squat position. Then return to starting position first with the left leg, then with the right. This is one complete rep.

#### 5/ PLANK HOLD, :30



#### 6/ DECLINE PUSH UPS, :15



Use a chair, step, bed, or other sturdy surface 12" or higher for your feet. If this is too advanced, turn around and put your hands on the elevated surface and feet on the ground instead.

#### 7/ HIGH KNEES, :45



Start by running in place, and then begin lifting alternating knees high into chest keeping a fast pace for assigned time.

#### 8/ HANDSTAND WALL WALKS, 5X



Start in plank, hands directly under shoulders with feet on wall, about 12" off floor. Walk feet upward, one tiny step at a time, until you are in a handstand position, walking your arms in simultaneously as your body becomes more vertical. Hold handstand for one second and walk back to starting position for one complete rep. Optional challenge: add in a handstand push up when your feet reach the top position.

#### 9/ FLAT ROAD OR UPHILL SPRINT, :15



xo,  
Coach Keri

