

EQUIPMENT-FREE 30-MINUTE TOTAL BODY WORKOUT

SQUAT TO ATTITUDE

25 REPS
(ALTERNATING SIDES)



SIDE LUNGES

25 REPS
(ALTERNATING SIDES)

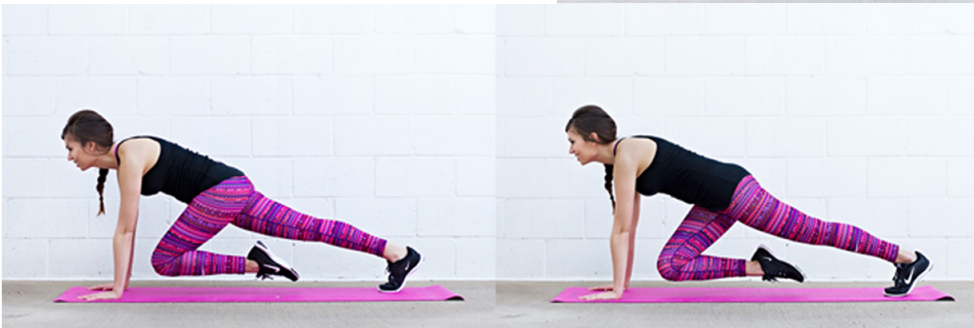


TRICEP PUSH-UPS

40 REPS

PULL-BACK SUPERMANS

25 REPS



MOUNTAIN CLIMBERS

40 REPS
(ALTERNATING SIDES)

V-UPS

20 REPS

