

Body Sculpting

30 sec plank	10 Zombie kicks	10 plank jacks	20 crunches	10 sumo squats
10 lunges	20 sec side plank- Right	2 burpees	10 arm circles	20 butt kickers
20 sec side plank- Left	5 push ups	FREE	10 calf raises	10 side twists
10 sit ups	20 high knees	10 squats	10 side lunges	2 Figure 4 stretches
10 shoulder rolls	10 jumping jacks	2 inch worms	cobra stretch	10 mountain climbers

Body Sculpting

5 push ups	10 arm circles	20 crunches	10 lunges	2 burpees
10 plank jacks	cobra stretch	10 sumo squats	10 jumping jacks	20 butt kickers
10 sit ups	10 calf raises	FREE	10 side twists	10 Zombie kicks
10 side lunges	2 inch worms	30 sec plank	10 mountain climbers	20 high knees
10 squats	2 Figure 4 stretches	20 sec side plank-Left	20 sec side plank-Right	10 shoulder rolls

Body Sculpting

10 jumping jacks	2 inch worms	10 arm circles	2 Figure 4 stretches	10 calf raises
30 sec plank	10 sit ups	10 squats	20 sec side plank- Right	10 sumo squats
20 sec side plank- Left	10 mountain climbers	FREE	20 high knees	10 side lunges
5 push ups	20 butt kickers	20 crunches	cobra stretch	10 plank jacks
10 side twists	10 Zombie kicks	2 burpees	10 lunges	10 shoulder rolls