

# Full Body Burn Workout

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## WARM – UP

- JUMPING JACKS 30 secs
- ALTERNATING FORWARD LUNGE 10x each leg
- MOUNTAIN CLIMBERS 30 secs

## WORKOUT

- PUSH-UPS 10 REPS 3X
- BURPEES 30 SECS 3X
- STEP-UP WITH KNEE DRIVE 12 EACH LEG 3X
- DUCK WALK 30 SECS 3X
- KNEE TO ELBOW CRUNCH 12 REPS 3X

## COOL - DOWN

- JOG IN PLACE 30 SECS 3X
  - CHILDS POSE 30 SECS 3X
  - COBRA STRETCH 30 SECS 3x
  - FORWARD LOUNGE STRETCH 30 SECS 3X
  - STANDING TOE TOUCHES 30 SECS 3X
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## WARM – UP

After doing these exercises 2-3x you can proceed to the workout

### **Jumping Jacks 30s**

Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position.



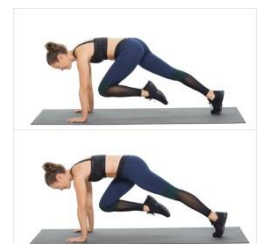
### **Alternating Forward Lunge 10x each leg**

Standing with feet hip-width apart and hands by sides. Take a big step forward with right foot and bend at knee until both knees form 90-degree angles while bringing hands to clasp in front of body. Press down into right heel to push back to starting position.



### **Mountain Climbers 30s**

Start in a traditional plank with your shoulders directly over your hands and wrists. Be sure to keep your back flat and your butt down, maintaining a neutral spine. your core (think about pulling your belly button toward your spine) and lift up your right knee, bringing it toward your elbow. It's OK if you can't bring the knee all the way to your elbow. Return the right knee back to the starting position as you simultaneously drive your left knee up toward your left elbow. Return to the starting position. Continue switching legs and begin to pick up the pace.



## WORKOUT

After doing these exercises 2-3x you can then proceed to the cool down.

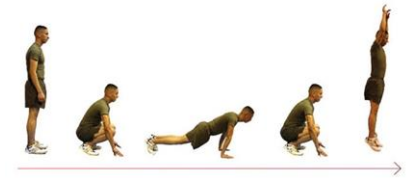
### Push Ups 10 REPS 3X

Place your knees on the floor or mat. Position your hands shoulder's width apart on the ground. Slowly lower your torso down towards the floor. Pause then pull your torso up to the starting position



### Burpees 30 SECS 3X

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep



### Step – Up with Knee Drive 12 EACH LEG 3X

Place yourself in front of your bench or a stable platform and step up onto it with your right foot. Plant your right foot, and as you do this drive through with your left foot raising your left knee as high as you can. At the same time as above, be sure to pump your right arm into a sprinting position. Lower your left foot back down and back onto the ground. Switch sides and repeat.



### Duck Walk 30 SECS 3X

Stand with your feet about shoulder-width apart. Push your hips back, bend your knees, and try to squat until your upper thighs are parallel to the floor, extending your arms out in front of you for balance. Keep your chest up, your weight on your heels, and your eyes straight ahead.



### Knee to Elbow Crunch 30 SECS 3X

Lie flat on your back and place your hands behind your head. Bend your knees and bring them up so that your thighs and hips form a 90 degree angle, calves parallel to the floor. With elbows flared lift your shoulder blades off the floor and hold the position. This is your starting position. Twist your upper body in one direction bringing the elbow to the opposite knee while fully extending your other leg. Hold and then return back to the starting position to repeat in the opposite direction



## COOL - DOWN

### Jog in Place

While standing, mimic the movements that you would make if you were jogging, but stay in one place. Bend your knees and quickly raise one foot off the ground then land on the opposite foot as you pump your arms. Continue alternating feet for the desired amount of reps or time.



### Childs Pose 30s

Kneel on the floor with your toes together and your knees hip-width apart. Rest your palms on top of your thighs. On an exhale, lower your torso between your knees. Extend your arms alongside your torso with your palms facing down. Relax your shoulders toward the ground. Rest in the pose for as long as needed.



### Cobra Stretch 30s

Lie face down and centered on your mat. The tops of your feet should be flat on the floor, and your hands palms down to either side of you. You want your palms slightly lower than your shoulder, so that the tips of your finger are roughly right below your shoulder muscles. Pull your shoulders slightly back -- down and away from your ears. Engage your abs by drawing your belly button toward your spine.



### Forward Lunge Stretch 30s

Stand in a split stance with your right foot forward and your left foot straight back. Bend your right knee so that it is at about a 90-degree angle. This should put you into a forward lunge position. Place your hands on your forward knee. Keep your shoulders relaxed, your hips even, your chest open, and your gaze straight ahead. Press down with your hands and drive the hips forward until you feel a stretch from the front of your hip, groin, and thigh on your left side.



### Standing Toe Touches 30s

Stand upright with your feet shoulder width apart, toes facing forward. Keep your legs straight and your knees slightly bent with your arms extended down by your side. Keeping your body loose, bend forward at the torso and let your fingers hang down toward your toes.

