



Workout #4 by Ariana: Total Body

The Warm-Up

- Jog in Place x 60 sec
- Hamstring Sweeps x 30 sec
- Glute Bridges x 30 sec
- Arm Circles x 20 reps (10 each direction)
- Jump Twists x 30 sec
- Rocking Straddle Stretch x 30 sec
- Groin-Hammi Stretch x 10 reps
- Burpees x 15 reps

The Workout

As Many Rounds As Possible (AMRAP) in 20 minutes

- Mountain Climbers x 15 per side
- Leg Raises x 15 reps
- Speed Sprawls x 10 reps
- Push-Ups x 10 reps
- Lunge or Jump Lunges x 10 reps
- Plank jacks x 15 reps
- Bear Crawl X 10 reps

REPEAT THE CIRCUIT AS MANY TIMES AS YOU CAN IN 20 MINUTES!

The Cool-Down

- March in Place x 30 sec
- Wide Toe Touches x 30 sec
- Side Bend Stretch x 60 sec (30 sec each side)
- Chest-Cross Arm Swings x 30 sec
- Standing Quad Stretch x 60 sec (30 sec each side)
- Kneeling Hip Flexor Stretch x 60 sec (30 sec each side)
- Reclining Butterfly Pose
- Head- To- Knee Forward Bend x 60 sec (30 sec each side)