

Day 17: Super Sets

5-10 MINUTE
WARM UP

2-4 WALKOUTS

10 SUPER SETS, 2 ROUNDS

1 ALTERNATING REVERSE LUNGES (20 TOTAL) "SUPER MARIO" KNEE DRIVES (10 TOTAL EACH LEG)



2 STATIONARY SQUATS (20 TOTAL)



JUMP SQUATS (20 TOTAL)



3 LOW PLANK HOLD (30 SECONDS TOTAL)



LOW PLANK JACKS (30 TOTAL)



4 V-SIT EXTENSIONS (20 TOTAL)



HEEL DROP TAPS (20 TOTAL)



5 KNEES TO STANDING (10 TOTAL)



SINGLE LEG HIP RAISES (10 EACH LEG)



6 ALTERNATING OBLIQUE ARMS REACHES (20 TOTAL)



ELBOW TO CROSSED KNEE ABS (10 EACH SIDE)



7 KNEE PUSH UPS (10 TOTAL)



ALTERNATING SHOULDER TAPS (20 TOTAL)



8 RUSSIAN TWISTS (20 TOTAL)



BICYCLES (20 TOTAL)



9 SEESAWS (20 TOTAL)



UP-DOWNS + JACK (10 TOTAL)



**10 ALTERNATING STEP-OUTS
+ DOUBLE ARM RAISE (20 TOTAL)**



JUMPING JACKS (20 TOTAL)

