

Workout: 4 rounds with 4 exercises per round, 45 sec each exercise, repeat each round twice. 1 minute of rest between rounds.

Round 1:

1. Squats: Chair/Box Squats
2. Sumo Leg Lift Crunch
3. Lunges: Broom Stick Step Backs
4. Hamstring Curls with Upright Row Hands

Round 2:

1. Push Ups: wall push ups
2. Sunshine Reach with Knee Tap
3. Good Mornings
4. No Jump Jack

Round 3:

1. Spiderman Plank: on the wall
2. Knee Drives
3. Chair Bird Dog
4. Seated Trunk Twist

Round 4:

1. Glute Bridge
2. Crunch Knee Taps
3. Side Plank Pulses
4. Deadbug