



July 4th Holiday Workout

What you need: KB, DB, elevated surface for pushups (if needed).

Instructions: Warm up for 5 minutes. Set timer for 30 minutes. Do as many sets as you can in 30 minutes.

- 1. Pushups, 10 reps**
- 2. Jump Lunge, 10e/20t**
- 3. Plank to side Plank, 10e/20t**
- 4. 2 PT Row (start on weak side), 10e/20t**
- 5. Burpees, 15 reps**
- 6. SL Bridge, 10e/20t**
- 7. Touchdown Squats, 15 reps**
- 8. Get Up Sit up, 10e/20t**