

FIT. FABULOUS. *Beautiful*

10 MINUTE

Ultimate Beach Blast

Full Body Workout

- 50 jumping jacks
 - 50 mountain climbers
 - 45 high knees
 - 45 squats
 - 40 cross jacks
 - 40 crunches
 - 35 jumping jacks
 - 35 plie squats
 - 30 butt kickers
 - 30 spider man planks (15 ea. side)
 - 25 tuck jumps
 - 25 bicycles
 - 20 cross jacks
 - 20 lunge pulses (10 ea. side)
 - 15 burpees
 - 15 push ups
 - 10 jumping squats
 - 10 tricep push ups
- 1 minute plank to finish (try hip twists)