

# Full Body Workout

*At Home!*

50 Jumping Jacks  
50 High Knees  
50 Mountain Climbers  
20 Squats  
10 Burpees  
25 Full Sit-ups  
30 Second Plank

**REST**

50 Jumping Jacks  
20 Lunges  
15 Pushups  
20 Squats  
15 Tricep Dips  
25 Crunches  
30 Second Plank

**REST**

50 Jumping Jacks  
20 Cross Body Punches  
20 Donkey Kicks (10 each side)  
20 Squats  
25 Russian Twists  
25 Bicycle Crunches  
30 Second Plank



# Pro Home Workout For Moms For Workers

**D Keegan**



## **Pro Home Workout For Moms For Workers:**

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