

Total Body Bootcamp

by Little Steps, Big Happy

Legs: 2 circuits - 30 second break between each exercise

- 10 Squats
- 5 Lunges
- 10 High Knee Raises - Each Leg
- 10 Deadlifts
- 5 Donkey Kicks - Each Leg

Core: 2 circuits - 30 second break between each exercise

- 20 sec Mountain Climbers
- 10 Crunches
- 10 Bicycles - Each Leg
- 10 Leg Lifts
- 30 sec Forearm Plank

Arms: 2 circuits - 30 second break between each exercise

- 10 Lying Triceps Lift
- 10 Knee Push Ups
- 10 Knee Plank Shoulder Taps
- 10 Uppercut Punches
- 10 Shoulder Presses