



FULL BODY TITAN

1 **CARDIO** (30 seconds each - no rest between!)
sit ups - plank - bicycles - up / down planks

2 **EXERCISES** (40 seconds / 10 seconds rest)
push ups - arm circles - squats - mtn. climbers
lunges - triceps (*dips, push ups, kickback pulses*)

3 **CORE** (30 seconds each - no rest between!)
burpees - plank jacks - high knees - low jacks

REPEAT THE ABOVE STEPS 3x

4 **FINISHER!!**

7x squats	7x lunges
7x push ups	7x jumping jacks
7x situps	7x burpees
7x plank jacks	

REPEAT THE ABOVE 2x