

## Full Body Workouts

### #1

- Squats
- Lat pull downs (pulling)
- Walking lunges
- Chest press or push-ups
- Scissor kicks and sit-ups

### #2

- Side lunge with cross twist
- Reverse lunges with side raises
- Dead lift with bicep curls
- Tricep overhead press with pliés
- Abdominal v-ups

### #3

- Squats
- Lateral shuffle (traveling left, then right) 20 seconds
- Assisted pull-ups or pull-unders
- Power squats 20 seconds
- Push-ups or bench push-ups
- Jumping jacks 20 seconds
- Plank shoulder taps
- Power lunges 20 seconds

*Try each workout and adjust the exercises to suit your fitness level and ability.*

*3-5 sets of each workout are suggested. 10-15 repetitions of each exercise.*

*Always consult your physician before starting a fitness regimen.*

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