

## Full Body Burnout #4

<b>Set 1: perform 4 times in a row</b>	<b>Reps</b>
Push-up Rows	8-15 total
Forward Lunge w/ Side Raise	8-15 each leg
1 Min Cardio Interval: Froggers	
<b>Set 2: perform 4 times in a row</b>	<b>Reps</b>
Squat w/ Reverse Fly	8-15 total
Reverse Lunge w/ Front Raise	8-15 each leg
1 Min Cardio Interval: Skaters	
<b>Set 3: perform 4 times in a row</b>	<b>Reps</b>
Wall Sit (raised up on toes, opt) w/ Biceps Curls	8-15 total curls
Skull Crushers	8-15 total
1 Min Cardio Interval: High Knees	
<b>Set 4: perform 4 times in a row</b>	<b>Reps</b>
Deadlift w/ upright Row	8-15 total
King Deadlifts	8-15 each leg
1 Min Cardio Interval: Butt Kicks	
<b>Giant Set:</b>	<b>Reps</b>
Repeat from the top and perform all 9 exercises once	15 total/each leg
**Omit cardio intervals	
<b>10 Minute Abs</b>	<b>Time</b>
Flutter Kicks	45 sec/ 15 sec rest
Right Plank w/ Reach-Through	45 sec/ 15 sec rest
Left Plank w/ Reach-Through	45 sec/ 15 sec rest
Repeat 2 More Times!!	
3-Way Crunch	1 min