

VACATION WORKOUT ROUTINE

©musingsofahousewife.com

1. 10 Burpees
2. 10 Plié Squats
3. 10 Jumping Jacks
4. 10 Push-Ups
5. 10 V-Ups
6. 10 Rear Lunges
7. 10 Right Side Planks with Reach Under
8. 10 Forward Lunges
9. 10 Narrow Push-Ups
10. 10 Left Side Planks with Reach Under