

Full Body Awakening

LEANREBOOT WORKOUT@LEANRESET.COM

BEGINNERS - ONE ROUND

INTERMEDIATES - TWO ROUNDS

ADVANCED - THREE ROUNDS

REST - 2 MINUTES

1



10 SQUAT JUMPS

2



10 PUSHUPS

3



10 DOWNDOG KNEE-INS

4



10 STEP UPS RIGHT LEG
10 STEP UPS LEFT LEG

5



10 BURPEES

6



10 FLUTTER KICKS

7



10 REVERSE BRIDGE

8



20 SUPINE TOE REACH