

# Full Body 6 FOR 6 Power Workouts

FULLBODY / HIT

REPS

Star Jumps

12

FULLBODY / HIT

REPS

Knee To Elbows

12

FULLBODY / HIT

REPS

Woodchop w / (DB)

12

FULLBODY / HIT

REPS

Shoulder Presses w / (DB)

12

FULLBODY / HIT

REPS

Air Squats w / (LB)

12