

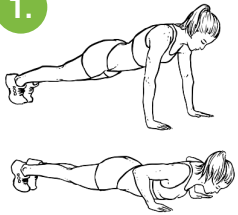
core

SNOWPOCALYPSE WORKOUT

No Weights Required

Everything is for 1-minute and nonstop, rest when you need

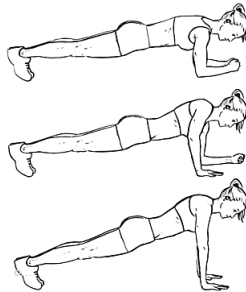
1.



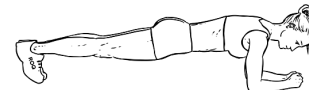
Pushups



Plank full extension



Up/Downs



Plank elbows

Repeat
Number 1

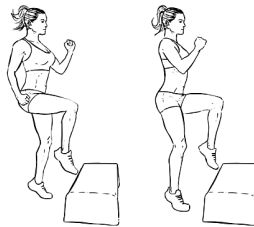
2.



Frogs



Mountain climbers



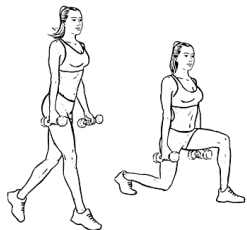
Toe taps



Plank jacks



Burpees



Standing lunge squats

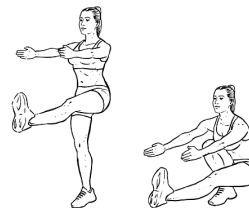
1 minute on right
1 minute on left
option - add hop last
30 seconds on each side



Split jumps



Squats



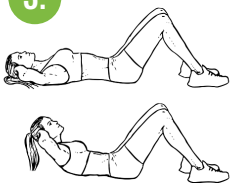
One leg squat
1 minute on right
1 minute on left



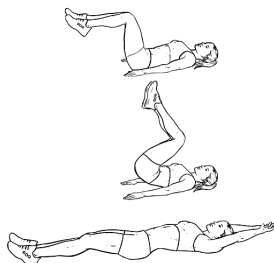
Squat jumps
for 1 minute
and then hold
squat for 1 minute

Repeat Number 2

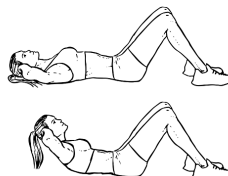
3.



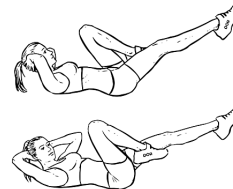
Crunches



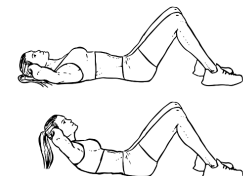
Kickouts



Crunches



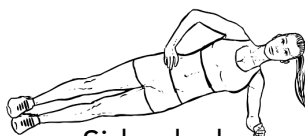
Bicycles



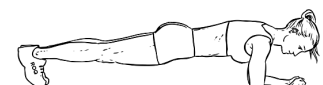
Crunches



Alternating crunches



Side plank
1 minute on right
1 minute on left



Plank elbows