

# ***GYMNASTICS INSPIRED WORKOUT***

***5 MIN CARDIO - RUNNING, JOGGING, JUMPING JACKS ETC***



25 tuck jumps

25 push ups

25 triangle push ups

25 crunches

25 V sits

1 minute plank

25 side arch ups, right

25 side arch ups, left

25 side rocks, right

25 side rocks, left

25 supermans

25 hollow ups

10 roll-backs to standing, one 1 at a time