

PhoenixWay to Holistic Natural Health

30 Minute Total Workout

- 50 Jumping Jacks (preferably on trampoline/rebounder)
- 12 Close-Arm Pushups (or as many as you can, women can allow knees on ground)
- 12 Standing Squats, Low Drop
- 12 Wide Arm Pushups (or to max if less)
- 12 Standing Squats w/Front Arm Sweep
- 50 JJs
- 12 Pull-Ups w/bar or to Max or arm curls using gallon jugs (can use rubber strap to get to 12)
- 12 Leg Drops x 2 (short break in between)
- Another set of Pull-ups w/Leg Drops
- 50 JJs
- 12 Chair Dips (or to max if less)
- 12 Kneeling (on all 4) Reverse Leg Extensions, Each Side (or to max if less)
- Another set of Chair Dips w/Reverse Leg Extensions
- 12 Swoop Pushups (Downward to Upward Dog) (or to max if less)
- 12 Stair Toe Raises, x Each Side (or to max if less)
- Another set of Swoop Pushups w/Toe Raises
- 50 JJs
- 12 Crunch + Extensions (in and up, on back, lifting head and shoulders) (or to max if less)
- 12 Core Lifts While on Back (or to max if less)
- 12 Side Leg Lifts, Each Side (or to max if less)
- Another set of Crunches, Core Lifts, Side Leg Lifts
- 50 JJs

That's it! I do it in 30 minutes...keep it going w/only short breaks in between to keep your heart rate up and get a cardiovascular workout as well. When I say 12, that's just a target...if you can't do 12, do as many as you can.