

Celebrity Favorite Workout to Tone Your Body for Summer

Do this celebrity favorite, equipment free workout 3 to 4 times a week to get your body toned and ready for the summer.



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| ☐ Crossbody climbers (50) | ☐ Pushups (30) |
| ☐ Plank in out jumps (25) | ☐ Fire hydrants right leg (30) |
| ☐ Fire hydrants left leg (30) | ☐ Plank (1 minute) |
| ☐ Kickbacks right leg (30) | ☐ Kickbacks left leg (30) |
| ☐ Donkey kicks right leg (30) | ☐ Donkey kicks left leg (30) |
| ☐ Jump squats (25) | ☐ Squat walk (30) (up and down mat or three steps left, three steps right) |
| ☐ Bicycle crunches (30) | ☐ Russian twists (30) |
| ☐ squats (30) | ☐ Lunge pulse right leg (30) |
| ☐ Lunge pulse left leg (30) | ☐ Squat pulse (30) |
| ☐ Crunches (50) | ☐ Flutter kicks (30) |
| ☐ Crossbody climbers (50) | ☐ Plank (1 minute) |
| ☐ Seal pushups (3) | ☐ Jump squats (25) |
| ☐ *Make sure to get in at least 10,000 steps per day | |

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