

# Rock you like a Hurricane!

Try this tele-workout at home for a great full body workout!

## CARDIO

10 Cheer Preps (Calf Pumps)  
10 Jogs  
10 Knees Up  
10 Single Jacks  
10 Double Jacks  
10 Rockette Kicks

REPEAT 3x's

10 Push-Ups, 10 pulses  
10 see-saws R  
Side Plank R for 10 breaths  
Half Plank hold for 10 breaths  
10 burpees

10 Push-Ups, 10 pulses  
10 see-saws L  
Side Plank L for 10 breaths  
Half Plank hold for 10 breaths  
10 burpees

REPEAT CARDIO 3x's through

Tricep Dips 30x's

REPEAT CARDIO 3x's through

Lunges to liberty R 30x's  
Tap Lift R leg in front 10x's  
Tap Lift R leg to side 10x's  
Tap Lift R leg to back 10x's

REPEAT CARDIO 3x's through

Lunges L 30x's  
Tap Lift L leg in front 10x's  
Tap Lift L leg to side 10x's  
Tap Lift L leg to back 10x's

REPEAT CARDIO 3x's through

Wide Second tuck squeeze with arms in T for 10 breaths  
Wide Second tuck squeeze with up for 10 breaths  
Pulses 30x's  
Deep Plies 30x's  
Parallel Squats 30x's  
Plyos 30x's

STRETCH

