

30 MIN WEIGHT LOSS WORKOUT

1

Warm Up (30 seconds each)

- Front Kicks
- Knee Hugs
- Butt Kicks
- Step Jacks
- Knee Hugs
- Butt Kicks
- Squats
- Lunges
- Side Lunges

2

Set 1 (45 seconds each)

- Jumping Jacks
 - Air Squats
 - Alternating Lunges
 - Mountain Climbers
 - Bicycles
 - Full Plank
 - Mountain Climbers
 - Gliding Scissors
- Rest 1 Minute

3

Set 2 (45 seconds each)

- Butt Kicks
 - Side Leg Raises
 - Star Jumps
 - Split Squats
 - High Knees
 - Squats
 - Side Shuffle
 - Jumping Jacks
- Rest 1 Minute

4

Set 3 (45 seconds each)

- Crab Walks
- Boxer Bounds
- Split Squats
- High Knees
- Side Bends
- Star Jumps
- Boxer Kicks
- High Pulls

5

Cool Down (30 seconds each)

- Quad Stretch
- Hamstring Stretch
- Knee Hugs
- Toe Touches

WOOHOO! CONGRATULATIONS!! YOU MADE IT!!! ♡

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