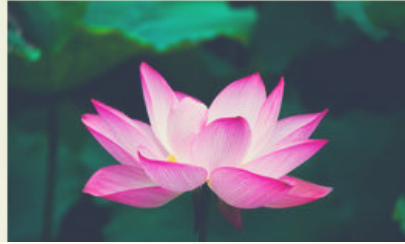


THE HEALTHY DEN

HEALTHY BALANCE BETWEEN BODY & MIND FOR FAMILIES



FULL BODY CARDIO HIIT!

5 - 10 MINUTE WARM UP

(Your choice jog, skip or walk)

15 X MOUNTAIN CLIMBERS

15 X SQUAT JUMPS

45 SEC PLANK

10 X BURPEES

45 SEC STAR JUMPS

15 X PUSH UPS

25 X SUMO SQUATS

45 SEC BUTT KICKS

45 SEC PLANK

15 X MOUNTAIN CLIMBERS

25 X SQUAT JUMPS

15 X PUSH UPS

30 X JUMPING JACKS

10 X BURPEES

NOW REPEAT 2 - 3 TIMES!! YOU CAN DO IT!

YOU DID IT!!! NOW FOR A COOL DOWN!

