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TOTAL BODY BLAST

workout

complete each exercise for one minute before moving onto the next. complete two total rounds.

lowerbody

- squats
- lunges (left)
- squat jumps
- lunges (right)
- step ups

upperbody

- push ups
- dips
- overhead press
- hammer curls
- reverse flyes

cardio & core

- mountain climbers
- plank
- high knees
- bicycle crunches
- burpees