

XF

TOTAL BODY CONDITIONING

30 seconds between sets - **2 minutes** rest between exercises



10 squats x 4 sets



10 lunge x 4 sets



10 calf raises x 4 sets



20 shoulder taps
x 4 sets



5 push-ups
x 4 sets



10 prone reverse flys
x 4 sets



20 flutter kicks
x 4 sets



5 side bridges
x 4 sets



10 side leg raises
x 4 sets