

THE 300 WORKOUT: 30 reps of 10 workouts with no equipment! LAKELAND HILLS FAMILY YMCA

30 TRICEP PUSHUPS



30 SUPERMAN MOVES



30 ALTERNATE
SIDE PLANKS



30 LATERAL LEAPS



30 JUMPING JACKS



30 MOUNTAIN
CLIMBERS



30 SQUAT
JUMPS



30 JUMP LUNGES



30 PUSH UPS



30-SECOND PLANK

