

POWER WORKOUTS ROUND 7

Looking to get fit and build strength? Try this full body workout which focuses on building total body strength. It's time to make a change and get active today with this XSTM Sports Nutrition Workout.

Duration **20** Minutes

LET'S BEGIN

Warm up with **5 MINUTES** of light cardio.

REST

10
Secs

BETWEEN EACH EXERCISE

Repeat circuit **3 TIMES.**

Cool yourself down with **3 MINUTES** of stretching at the end.

If you loved this circuit, keep a lookout for our monthly XS Sports Nutrition Power Workouts to help you get more out of your workouts.

1. TRICEP DIP & KICK



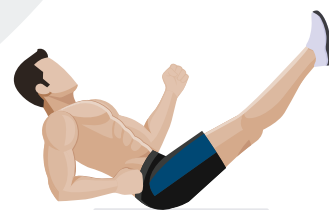
30
Secs

2. JUMPING LUNGES



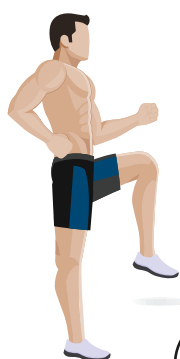
30
Secs

3. RUNNING V SIT

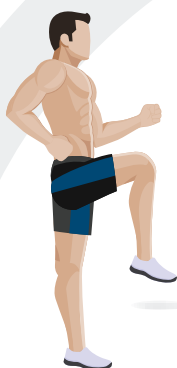


30
Secs

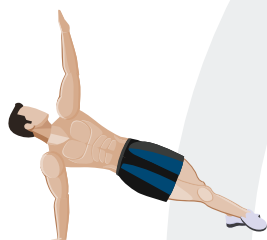
6. HIGH KNEES



30
Secs



5. PLANK ROTATION



30
Secs



4. SQUAT WITH SIDE LEG LIFT



30
Secs

