

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 XS™ 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

