

The Living Room Workout

15 squat jumps

5 push-ups

25 high knees

7 burpees

10 lunges

7 squats

5 push-ups

10 lunges

5 push-ups

7 squats

15 squat jumps

1 **minute** wall sit

5 push-ups

25 high-knees

Repeat 3 times, resting as needed

www.TheSeasonedMom.com



YAVAPAI REGIONAL
MEDICAL CENTER

Proudly Caring for Western Yavapai County