

Celebrity Favorite Workout to Tone Your Body for Summer

Do this celebrity favorite, equipment free workout 3 to 4 times a week to get your body toned and ready for the summer.



- Crossbody climbers (50)
- Plank in out jumps (25)
- Fire hydrants left leg (30)
- Kickbacks right leg (30)
- Donkey kicks right leg (30)
- Jump squats (25)
- Bicycle crunches (30)
- squats (30)
- Lunge pulse left leg (30)
- Crunches (50)
- Crossbody climbers (50)
- Seal pushups (3)
- *Make sure to get in at least 10,000 steps per day
- Pushups (30)
- Fire hydrants right leg (30)
- Plank (1 minute)
- Kickbacks left leg (30)
- Donkey kicks left leg (30)
- Squat walk (30) (up and down mat or three steps left, three steps right)
- Russian twists (30)
- Lunge pulse right leg (30)
- Squat pulse (30)
- Flutter kicks (30)
- Plank (1 minute)
- Jump squats (25)