

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.



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

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