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)

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