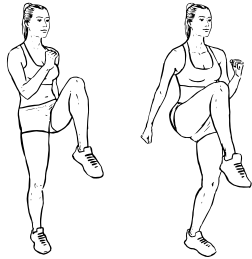


At Home Workout #2 (Kettlebell needed)

5 min · Abs, Chest, Legs, Shoulders

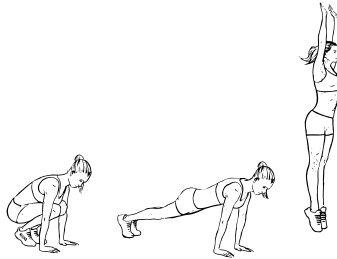
15 Minutes AMRAP

High Knees



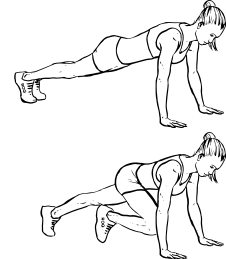
20 reps

Burpees



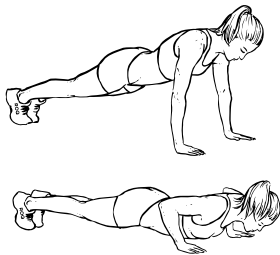
5 reps

Mountain Climbers



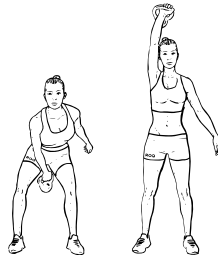
10 reps

Push-ups



5 reps

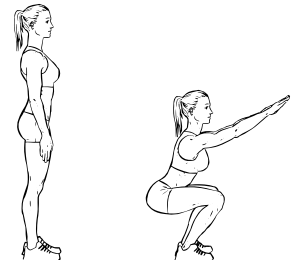
One-Arm Kettlebell Snatch



5 reps

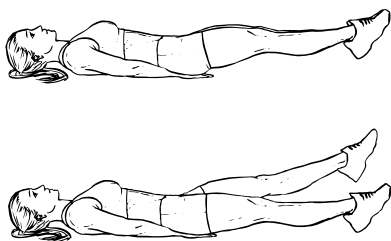
5 per side

Air Squats



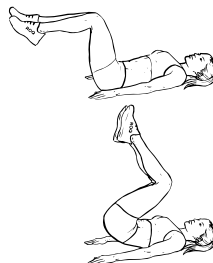
5 reps

Flutter Kicks



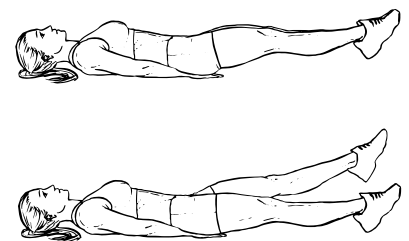
10 reps

Reverse Crunch



5 reps

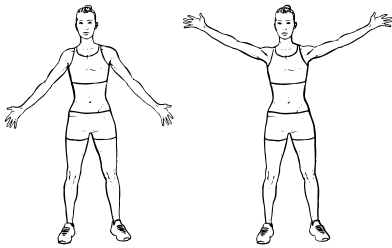
Flutter Kicks



10 reps

This time move legs out to the sides and back in instead of up and down

Standing Arm Circles



5 reps

5 with arms moving forward, then 5 with arms moving in reverse. Then extend arms overhead, 5 forward, 5 in reverse