

# 30 DAY CHALLENGE

## Seminar 10 Workout

### Warm Up:

Cardio Warmup - 5 Minute

### Workout:

Push Ups - 3 sets of 15

Cross Body Weighted Ball Seated Body Twist - 3 sets of 15

Planks - 3 sets of 90 seconds

Vertical Weighted Ball Toss - 3 sets

Seated Wall - 3 sets of 90 second

Air Squats - 3 sets of 25

### Cool Down:


Cardio Cool Down - 5 Minute

30 Minute Workout



## MARCH CHALLENGE SEMINAR WORKOUTS

With a buddy/team members choose a seminar workout for each week. Complete the workout 5 days out of 7 each week. Over the four weeks complete all four Seminar workouts.

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