



Sonki Fitness 30-Minute TOTAL BODY Workout #2

EXERCISE	DURATION	BENEFITS
Jog in place	2 min	Warm-up
Stretch 1. Neck rotation 2. Arm circles 3. Cross arms 4. Trunk twists 5. Lat stretch 6. Hip rotation 7. Chest stretch 8. Knee rotation 9. Hamstring stretch 10. Right over left (and vice versa) 11. Thigh stretch 12. Calf stretch	6 min	Warm-up
Jog or jumping jacks	2 min	Warm-up
Push-ups	1 min	Chest and arms
Bicycle	1 min	Abs & obliques
Superplank	90 sec	Abs, lower back, shoulders, & quadriceps
Mountain climbers	1 min	Shoulders, arms, core, hips, and cardio
Jumping jacks	30 sec	Cardio
Push-ups	1 min	Chest and arms
Elongated crunches	1 min	Abs
Superplank	80 sec	Abs, lower back, shoulders, & quadriceps
Commandos	1 min	Total body
Jumping jacks	30 sec	Cardio
Dips	1 min	Shoulders and triceps
Punches (without bands)	1 min	Upper body & cardio
Crab walk	1 min	Shoulders, triceps, & core
Flutter kicks or knee tucks	90 sec	Abs
Side kicks (without bands)	2 min	Butt, hips, & outer thighs
Skating	1 min	Butt and legs
Duck walk	1 min	Legs & butt
Front kicks	1 min each	Legs, hips, & cardio
Bowler's lunge	1 min each	Legs & butt
Stairs or running	10 min	Cardio
Stretch	3 min	Cool-down

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