



DAILY WORKOUT

ROUTINE

- 15 jumping jacks
- 10 burpees
- 20 crunches
- 10 front lunges
- 20 mountain climbers
- 10 squats

COOL DOWN

- Reclining twist - 10 seconds per side
- Lower back stretch - 30 seconds
- Child's pose - 30 seconds

@THE90DAYSOLUTION