

CHI WORKOUT

HOME WORKOUTS – Total Body (no equipment) with Sabrina

**30 sec on 20 sec rest | 2-3 rounds
(60 sec rest between rounds)**

Squat Jumps
Pushup to Arm Raise
High Knees Crossing Body
Pike Pushups
Lateral Lunges
Reverse Plank Marches
Reverse Lunge to Hop
Lateral Plank Walks



DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.