

CHI WORKOUT

HOME WORKOUTS – Body Weight

100 Jumping Jacks

100 Squats

90 Push-ups

80 Lunges (40 each)

70 Mountain Climbers

60 Bridges

50 Plank Shoulder Taps

40 Single Leg Bridges (20 each)

30 Plank Jacks

20 Single Leg Deadlifts

10 Burpees

100 Jumping Jacks