

CHI WORKOUT

HOME WORKOUTS – Body Weight with Kacee

3 Rounds for TIME

50 jumping jacks

15 pushups

25 jump squats

25 crunches

30 high knees

20 alternating lunges

try to beat time each round



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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.