

CHI WORKOUT

HOME WORKOUTS – Full Body with Kacee

Complete the number of repetitions per exercise for 4 rounds!

**Try to jump from one exercise to the next without resting in between.*

Rest 30s–1 min after each round as needed

12 – Triceps Dips

20 – Walking Lunges (10 each leg)

12 – Push-ups

20 – Bulgarian Squats (10 each leg)

12 – Plank Jacks

12 – Spidermans

1 min – Planks



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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.