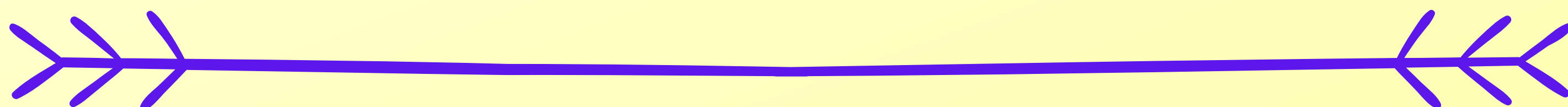


# Lazy Day Workout Routine



How to do the workout:

- Do each move for 1 minute.
- After you have completed each move once, go back and do the entire routine one more time.
- After your second round you are done!

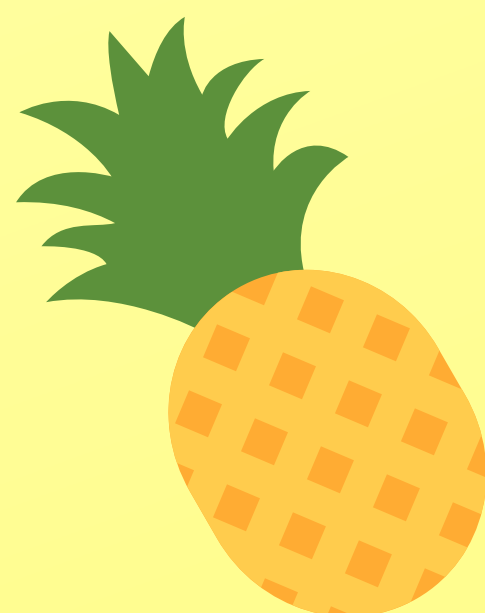
\*If you need to take a 10 second break between each move.

Otherwise do the whole routine with no breaks.

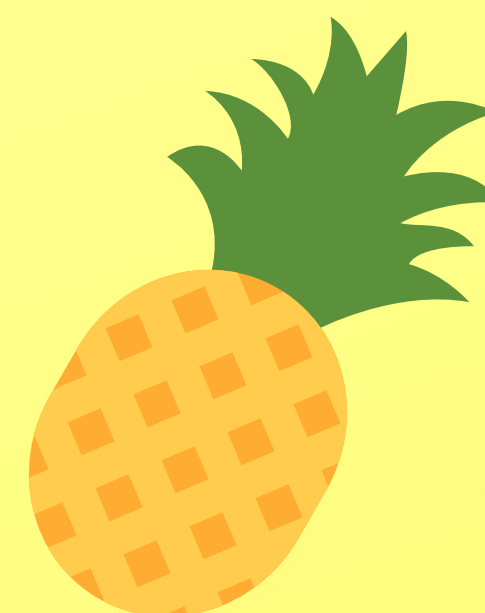
**Roll-ups**

**Squats**

**Walnut  
Crushers**



**Plank**



**Alt.  
Lunges**

**Side  
Crunch L**

**Side  
Crunch R**