



## 4<sup>th</sup> of July Workout

**\*Stretch before completing this routine\***

- 50 Jumping Jacks
- 50 High Knees
- 50 Butt Kicks
- \*pause/stretch quads, calves, and hamstrings\*

- 50 Oblique Crunches (25 each side)
- Plank (50 Seconds)
- \*pause/stretch abdominals\*

- Push-ups (50 Seconds)
- 50 Burpees
- \*Pause/stretch arms, shoulders, and chest\*

**\*\* Repeat 2x for intermediate fitness levels, Repeat 3x for advanced fitness levels\*\***

**Target Muscles: Calves, Core (abs)/Obliques, Glutes, Quads, Hamstrings, Chest, Shoulders, Triceps, and Lats.**

**For full 8-week schedule [CLICK HERE](#) or visit [www.trimtemple.com](http://www.trimtemple.com) then navigate to "shop."**

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