

# 'ROUTE 66' DAILY WORKOUT



## SINK

- **PUSH UPS** 66 (Can be broken up during the Day)
- **SIDE HIP RAISES** (RollerSizeR between Knees)  
PULSES (33 each side)
- **LUNGE PULSES** (Six Seconds, Six Pulses)
  - **SINK SQUAT** (Six)
  - **HEEL To BUTT BALANCE** (Six)
- **REACH UP BACK BEND** (Six Seconds)
  - **RAINBOWS** (Six Each Side)



## FLOOR

- **WHITTLES** (Six Seconds)
- **TOE TOUCHES** (Six Each Side)
  - **KNEE HUGS** (Six Seconds)
- **AB CRUNCHES** (33 Rest 33)