

## Kristina Palma's Family Workout:

Do each exercise three times each

1. 20 push-ups
2. 30 sit-ups
3. 40 jumping jacks

Do each exercise for 1-minute, repeat 3 times

1. Plank
2. Superman
3. Bear crawls

Do each exercise 3 times each

1. 10 squats
2. 10 burpees
3. 10 lunges each leg