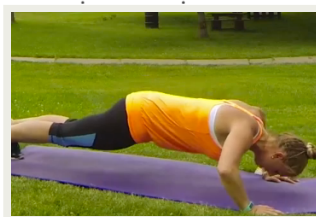
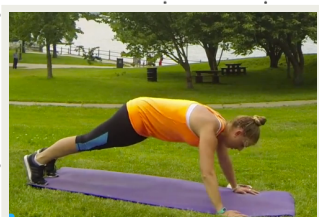
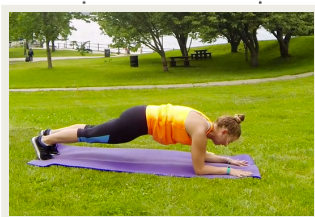


# Summer Vacay Stacked WORKOUT

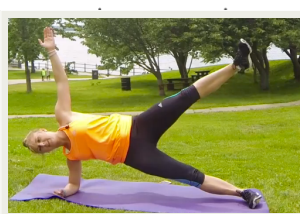
◆◆◆◆◆ Total Body, No Equipment! ◆◆◆◆◆

Do each move for 30 seconds. Start with the first move and add an exercise each round. Rest for 30 seconds in between each round!



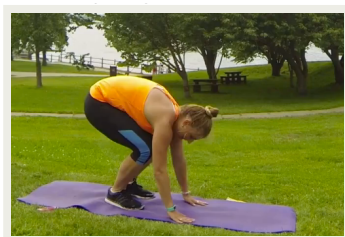
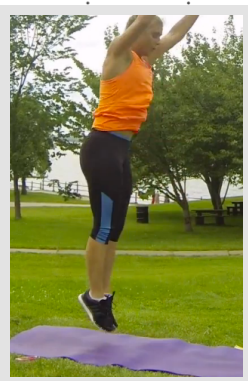
Plank  
to  
Pushup

Single  
Leg Hip  
Lifts



Side  
Plank  
Leg Lifts

Tricep  
Dips



Burpees