

# LONG + LEAN

WORKOUT

A FEEL-GOOD, STRETCHY BODYWEIGHT WORKOUT

Warm up with 5 minutes of light cardio, then perform this 5-exercise circuit 3 times. Cool down with 3 minutes of stretching.

## Walkout 5 REPS



## Triceps Dip 15 REPS



## Dolphin Push-Up 10 REPS



## Walking Lunge 20 REPS, ALT. SIDES



## Single-Leg Deadlift 10 REPS, EACH SIDE

