

## Home Isolation Workout

25 Jumping Jacks

25 Tricep Dips

25 Pushups

25 Crunches

25 Jump Squats

1 minute High Knees

10 Burpees

1 minute Plank

10 Lunges (per leg)

Beginner-2 rounds

Intermediate-4 rounds

Expert-6 rounds

***Online Training Available***

***If Interested find me at Aframseyfit on Instagram or email me at [evan\\_rams@outlook.com](mailto:evan_rams@outlook.com)***

***Offer Workout Plan customary to your goals, nutrition plan that is goal oriented and finally motivation and accountability***