

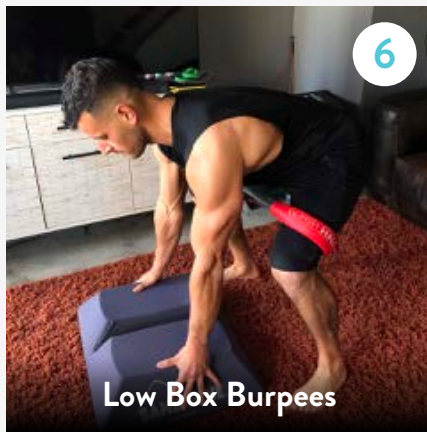
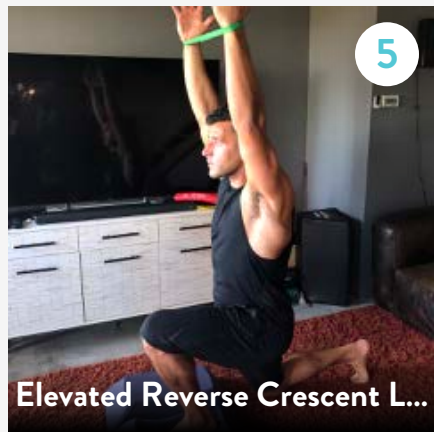
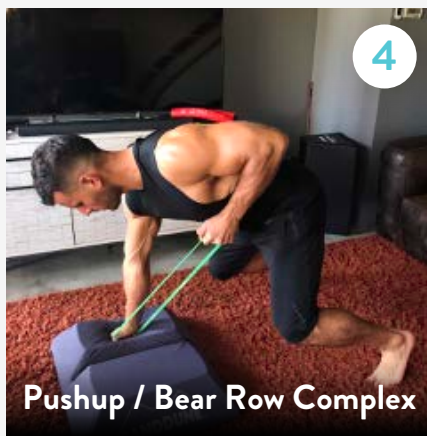
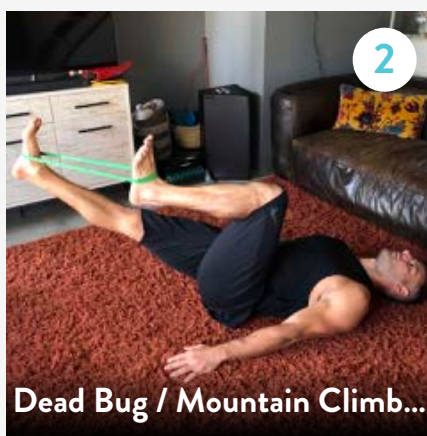
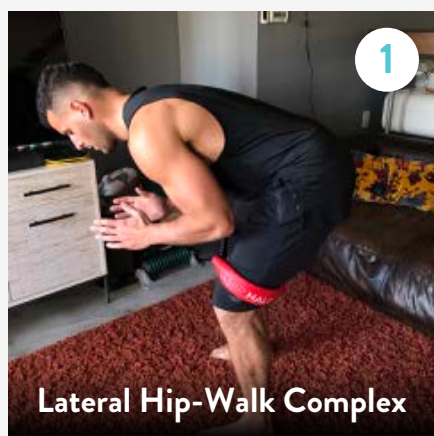
Mini-Band & Low Box

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

	Exercise	Time	Rest
1	Lateral Hip-Walk Complex <i>60 seconds each</i>	2m	30s
2	Dead Bug / Mountain Climber Complex <i>60 seconds each</i>	2m	30s
3	Quick Step Low Box Complex <i>60 seconds each</i>	2m	30s
4	Pushup / Bear Row Complex <i>60 seconds each</i>	2m	30s
5	Elevated Reverse Crescent Lunges <i>60 seconds / side</i>	2m	30s
6	Low Box Burpees	2m	30s

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-2-january-2019>