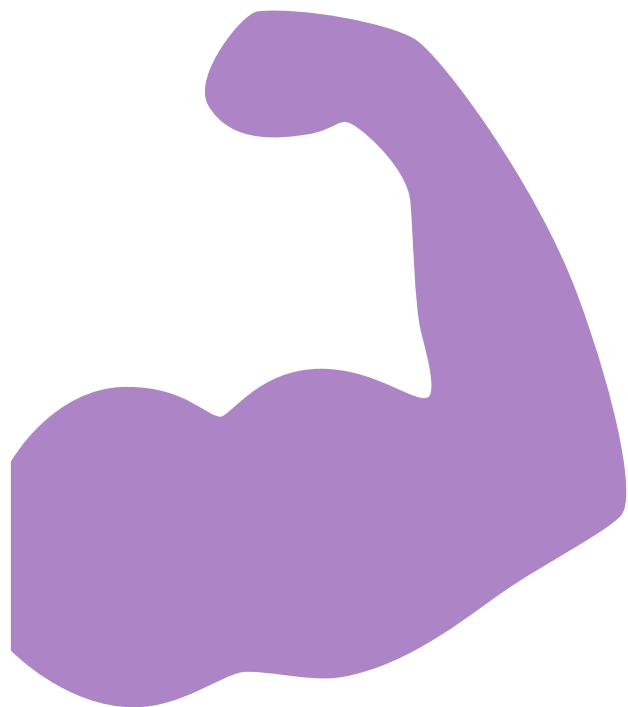


# Workout of the Day

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6X6 workout



# 6X6 Workout

Complete 6 reps of each exercise, repeat each set 6 times. After each set rest 30-60 seconds before starting next set.

Equipment:

Cans of non-perishables, band or weights

# 6X6 Workout

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6 Squats

6 Froggers

X6

6 Single Leg Deadlifts (Each Leg)

6 Jump Squats

X6

6 Burpees

6 Skaters

X6

6 Sumo Squat

6 Jumping Lunges (Each Leg)

X6

6 Dips

6 Over Triceps

X6

6 Double Leg Drops

6 Dead Bugs

X6

6 Push Up

6 Pike Push Ups

X6

6 Side Leg Raise (Each Leg)

6 Touch Down Lunges (Each Leg)

X6

6 Sprinter Steps (Each Leg)

6 Toe Taps (Each Leg)

X6

# Squats

# Froggers

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# Sumo Squat

# Jumping Lunges (Each Leg)



# Push Up

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# Pike Push Ups



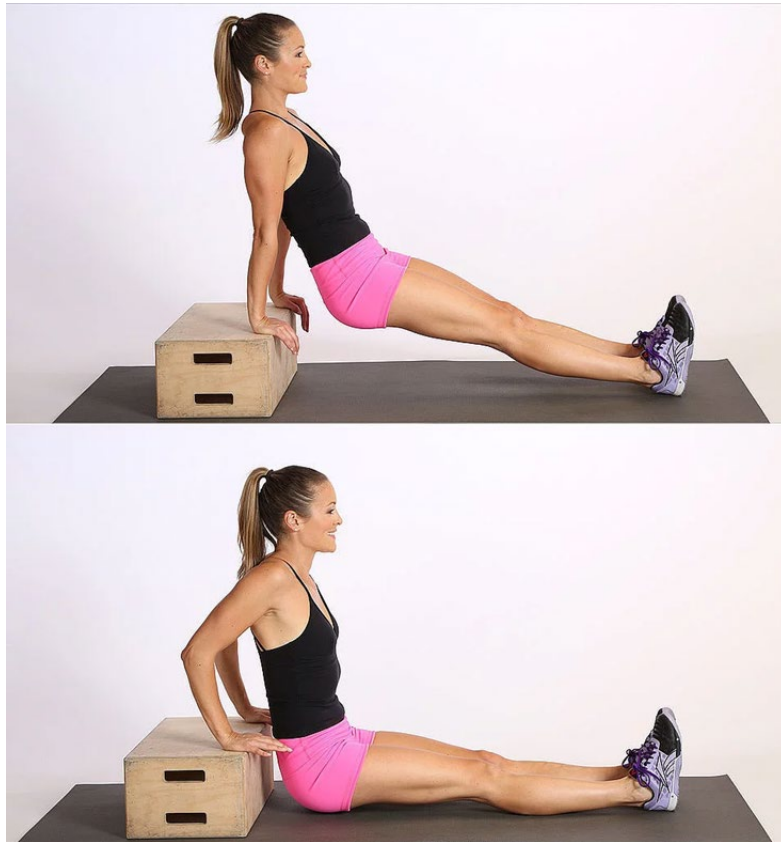
# Single Leg Deadlifts (Each Leg)

# Jump Squats



# Dips

# Over Triceps





Side Leg Raise  
(Each Leg)

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Touch Down Lunges  
(Each Leg)



# Skaters

# Burpees

U



# Double Leg Drops

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# Dead Bugs



# Sprinter Steps (Each Leg)

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# Toe Taps (Each Leg)

