

20 MINUTE FULL BODY

Mom & Baby Workout

Complete 1 round of the following exercises:

Good Morning Baby Hugs x15

Forward Lunge R x15

Forward Lunge L x15

Pop Squat w/Baby Tickle x20

Alternating Lateral Squats x20 (10 each way)

Single Leg Chair Squats R x12

Single Leg Chair Squats L x12

Glute Bridge w/Baby x20

Penguin Heel Touches x30

Butterfly Sit Ups w/Baby x15

Plank w/Alternating Reach & Tickle x30

Plank Push Back Peekaboo w/ Mountain Climbers x15

Side Plank w/ T Rotation R x15

Side Plank w/ T Rotation L x15

**Find descriptions and photos/videos of each exercise at
[beautifullybusymom.com/mom-and-baby-workout/](https://www.beautifullybusymom.com/mom-and-baby-workout/)
or on my IG @justabeautifullybusymom**