

The Criss-Cross Applesauce Workout



1. Alternating Punches



2. Behind Back Cross



3. Criss Cross Squat



4. Ab Scissors



5. Heel Crosses



6. Criss Cross Stretch

How To:

- 1.) View video explaining exercises: <http://www.youtube.com/watch?v=eCkfQ0atrHU>
 - 2.) Do 1 set of each exercise. 10-12 reps
 - 3.) Complete exercises 1 thru 5
 - 4.) Repeat at least once more (max twice more)
 - 5.) End with #6
- BONUS: Add the Criss Cross Squat with big arms in between each exercise for more intensity!