

leg

WORKOUT

Jump squats

Weighted walking lunges

Barre squats

Weighted step ups

Boxer jumps

Barrel jumps

Step ups

Crackle torch squats

fat and core workouts

arm WORKOUT

Biceps

Tricep ups

Tricep dips

Flare

Weighted curl over 8 arms

Muscle shivers

Commando

Roll push-up

fat and core workouts

ab

WORKOUT

As I like

Weighted front leg pullbacks

Power leg or use with feet

Criss

fat and core workouts

Muscle shivers

Leg raise in bench

Toe touching

Flare

CIRCUIT ONE

15 Jump squats



CIRCUIT TWO

20 Boxer jumps (30 sec)



CIRCUIT ONE

15 Biceps



CIRCUIT TWO

15 Weighted curl over 8 arms



CIRCUIT ONE

15 As I like (30 sec)



CIRCUIT TWO

15 Muscle shivers (30 sec)



15 Weighted walking lunges (30 sec)



15 Barrel jumps



15 Tricep ups



15 Muscle shivers (30 sec)



15 Weighted front leg pullbacks



15 Leg raise in bench



15 Barre squats



15 Criss (30 sec)



15 Weighted step ups (30 sec)



15 Commando (30 sec)



15 Power leg or use with feet (30 sec)



15 Toe touching



15 Weighted step ups (30 sec)



15 Crackle torch squats



15 Flare



15 Roll push-up



15 Criss



15 Flare



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