

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-ups

fat and core workouts

ab

WORKOUT

As I like

Weighted front leg pullbacks

Power leg sit-ups with feet

Criss

Muscle shivers

Leg raise in bench

Toe touches

Flare

fat and core workouts

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 in bench

15 Weighted front leg pullbacks

15 Leg raise in bench



15 Barre squats

15 Step ups (30 sec)

15 Weighted curl over 8 arms

15 Commando (30 sec)

15 Power leg sit-ups with feet (30 sec)

15 Toe touches



15 Weighted step ups (30 sec)

15 Crackle torch squats

15 Flare

15 Roll push-ups

15 Criss

15 Flare



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Lingsheng Yao



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