

leg WORKOUT

fat and core workouts

arm WORKOUT

fat and core workouts

ab WORKOUT

fat and core workouts

- Jump squats
- Weighted walking lunges
- Barre squats
- Weighted step ups
- Boxer jumps
- Band jumps
- Step ups
- Crab to beach squats

- Biceps
- Full ups
- Triceps dips
- Flare
- Weighted curl over 8 arms
- Muscle shivers
- Commando
- Roll push-up

- As I like
- Weighted back leg pushouts
- Power leg or use with feet
- Gl up
- Muscle shivers
- Leg raise in beach
- Toe touching
- Flare

CIRCUIT ONE

CIRCUIT TWO

CIRCUIT ONE

CIRCUIT TWO

CIRCUIT ONE

CIRCUIT TWO

15 Jump squats

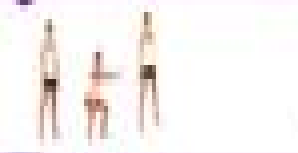
20 Boxer jumps (30 sec)

15 Biceps

15 Weighted curl over 8 arms

15 As I like (30 sec)

15 Muscle shivers (30 sec)



15 Weighted walking lunges (1 min)

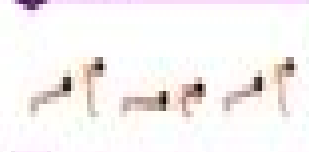
15 Band jumps

15 Full ups

15 Muscle shivers (30 sec)

15 Weighted back leg pushouts

15 Leg raise in beach



15 Barre squats

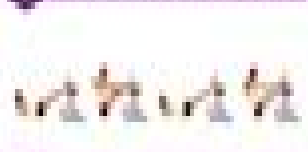
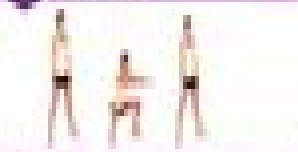
15 Crab to beach squats

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 Crab beach squats

15 Flare

15 Roll push-up

15 Gl up

15 Flare



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