

# 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
- Flies
- Weighted curl over 8 arms
- Muscle shivers
- Commandos
- Roll push-ups

- As I like
- Weighted back leg pushouts
- Power leg or use with feet
- Gl gls
- Muscle shivers
- Leg raises in beach
- Toe touches
- Flies

## CIRCUIT ONE

## CIRCUIT TWO

## CIRCUIT ONE

## CIRCUIT TWO

## CIRCUIT ONE

## CIRCUIT TWO

15 Jump squats

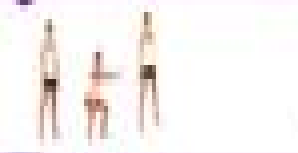
20 Boxer jumps (30 sec)

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)

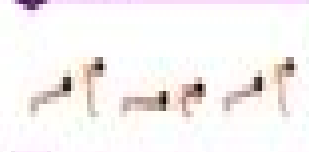
15 Band jumps

15 Push ups

15 Muscle shivers in circles

15 Weighted back leg pushouts

15 Leg raises in beach



15 Barre squats

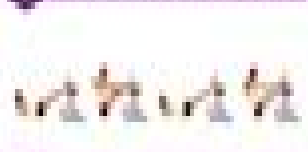
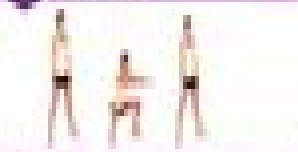
15 Crab to beach squats

15 Weighted curl over 8 arms (30 sec)

15 Commandos (30 sec)

15 Power leg or use with feet (1 min)

15 Toe touches



15 Weighted step ups (1 min)

15 Crab beach squats

15 Flies

15 Roll push-ups

15 Gl gls

15 Flies



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