

Total Body Workout

Do This Workout 2-3 Times Through

- * 25 Squats w/ Shoulder Press
- * 25 Alt Back Lunges
- * 12 Bicep Curls
- * 12 Tricep Presses
- * 25 Pliee Squats
- * 12 Bird Dog Reps
- * 25 Glute Kicks Each Leg
- * 12 Chest Presses
- * 25 Bicycles
- * 25 Basic Crunches
- * 1 Minute Plank