

Hi girls,

Workout for today is below. For those who cannot make it please do it on your own time!

Warmup - 5 mins

Circuit 10 x 30 secs. exercise, 15 secs. rest. x 3 rounds; 1 min rest between rounds

1. Squat Drops
2. Side Bounds
3. Pushups
4. Mountain Climbers
5. Plank In-Outs
6. Shoulder Arm Raise Against Wall
7. Iggy Shuffle
8. Burpees (1st round double legs, 2nd/3rd round single leg)
9. Toe Touches
10. Plank Alt. Shoulder Touches

See you all at 6pm!!

Janelle Bekkering is inviting you to a scheduled Zoom meeting...