

Hi girls,

Workout will be arms/legs circuit followed by team abs at the end.

3 rounds of 8 exercises; 30 secs. work, 15 secs. rest; 1 min b/w rounds

1. Backpack Squats
2. Alternating Lunges
3. Pushups
4. Triceps
5. Wall Sit
6. Squat Pulses
7. Side arm raises
8. Shoulder Press

Ab Workout: 30 seconds each exercise x 3 rounds; no rest b/w rounds

Front Plank
Side Plank Left
Side Plank Right
Back Bridge

See you all tomorrow at 6pm!!