

Workout #5 for today:

You will need a backpack filled with books/cans that you can use for squats, lunges, Russian twists etc.

30 seconds work; 10 seconds rest between exercises; 3 rounds x 10 exercises.

1. Weighted squat with shoulder press
2. Russian Twists
3. Wall sits with bicep curls
4. Squat Jumps
5. Push ups
6. V-sits
7. Alternating Lunges
8. Alternating 3 touch balance
9. Toe Touches
10. Skip Rope (Or high knees if you do not have skip rope)

See you all at 6:00pm!!

Janelle