

Legs circuit - 5 sets x 10

Squats (use weighted backpack); good form, get to 90
Squat Jumps; good form, use your arms to propel upwards
Single Leg Hamstring Hip Raises; drive from your heel
Lunges; don't go over knee

BONUS Surprise Exercise after 5 sets

Arms circuit - 5 sets x 10

Pushups; chest to the ground
Triceps; fully extend
Shoulder Press; use weights, books, cans
Arm Raises; Front and side

BONUS Surprise Exercise after 5 sets

Abs circuit

It's a SURPRISE.

See you all tonight at 6:00pm!