

Hi gals,

Workout today will be 2 rounds x 10 exercises circuit (40 seconds work, 20 seconds rest/switch to next exercise)

1. Alternating Lunges (with weighted book bag)
2. Squats (with weighted book bag)
3. Pushups
4. Mountain Climbers
5. Side to front alternating arm raises
6. Alternating Elbow to Hands Plank
7. Shoulder press balance
8. Hip Thrusts (with weighted book bag)
9. Wall Sit
10. 3D Rotating Plank

We will finish off with some more core d'jour.

See you all tonight!!!

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