

Hey gal pals,

Workout for tomorrow.

5 sets of 4 minute rounds, 1 minute rest in between rounds.

1. 30 secs. mountain climbers, 30 secs. plank; 4 minutes continuous
2. 10x pushups, 10x side raises; 4 minutes continuous
3. 30 secs side bounds, 30 secs toe touches; 4 minutes continuous
4. 10x squat drops, 10x squat pulses; 4 minutes continuous
5. 10x V-sits, 10x Russian Twists; 4 minutes continuous

See you all tomorrow at 6pm!!

Thursday, we are planning for a workout at Edworthy Park.  
We can discuss tomorrow to confirm who can all make it.