

Zoom Workout.16

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. Back Lunge to Single Leg Jump (Right Leg)
2. Back Lunge to Single Leg Jump (Left Leg)
3. Pushups
4. Triangle Bounds
5. Squat Pulses
6. Side arm raises
7. Jumping Jacks
8. Mountain Climbers

Team ABS: Everyone think of 1 ab exercise and we will go through group.

See you all tonight at 6pm!!!