

Hi gal pals,

Workout for today!

Circuit 10 x 30 secs. exercise, 15 secs. rest. x 3 rounds; 1 min rest between rounds

1. Squat Drops
2. Side Bounds
3. Plank Crossovers
4. Pushups - Reg and Tricep Alternate
5. Iggy Shuffle
6. Shoulder Arm Raise Against Wall
7. Plank In-Outs
8. Burpees to Mountain Climbers
9. Hamstring Raises
10. Plank Alt. Shoulder Touches

See you all at 6pm!!