

Thursday, April 22, 2021

Hi girls,

New link for workout today at 6:30pm! See you tonight!!

Janelle

30 seconds on; 15 seconds rest; x 3; 1 minute between activities:

1. Squat Drops
2. Mountain Climbers
3. Jumping Jacks
4. Plank in & outs
5. Side Plank (left)
6. Side Plank (right)
7. Lunges – alternating
8. Push-ups
9. Toe Touches
10. Russian Twists

