

Hi gals,

Workout for today is:

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

1. Squat Drops
2. Squat Pulses
3. Side Obliques on back - T abs
4. Shoulder Arm Raise Against Wall
5. Side Bounds
6. Plank Alt. Shoulder Touches to Pushup
7. Burpees to Mountain Climbers
8. Hip raise walks
9. Wall Sit
10. Plank - Side to Side

See you all at 6pm!!