

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Cable kick squats

fat and core workouts

arm

WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commando

Split push ups

fat and core workouts

ab

WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

fat and core workouts

CIRCUIT ONE

10 Jump squats



CIRCUIT TWO

20 Weighted side lunges



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

10 Weighted squat rows & press



CIRCUIT ONE

20 As 100s



CIRCUIT TWO

20 Muscle shivers



20 Weighted walking lunges (1 lb each)



10 Burpee jumps



20 Push ups



20 Muscle shivers



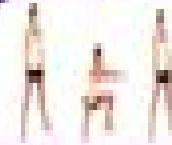
20 Weighted front leg pike



20 Leg raises in bench



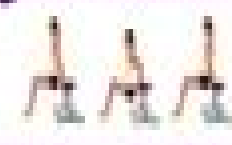
10 Burn squats



20 Knee ups



20 Triceps dips



20 Commando



20 Power leg sit ups with feet



20 Toe touches



20 Weighted step ups



20 Cable kick squats



20 Plan



20 Split push ups



20 As 100



20 Plan



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Rosina Ehmann



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