

# RunningDivaMom

## Rock the Shamrock Workout

<b>3 burpees</b> <b>17 jumping jacks</b>	<b>3 sets 90 degree slides</b> <b>17 crunches</b>	<b>3 tricep dips</b> <b>17 sit-to-stand squats</b>
<b>3 triple squat jumps</b> <b>17 standing crunches</b>	<b>3 inchworms</b> <b>17 side leg lifts (ea)</b>	<b>3 rounds McGill Crunches</b> <b>17 supine leg circles (ea)</b>
<b>3 triple squat jumps</b> <b>17 sec tricep pulse</b>	<b>3 bicep curls with twist</b> <b>17 squats</b>	<b>3 double leg lifts</b> <b>17 glute bridges</b>
<b>3 inchworms</b> <b>17 jacks ea direction</b>	<b>3 double leg lifts</b> <b>17 chest presses w/ glute bridge hold</b>	<b>3 plank ups</b> <b>17 supermans</b>