

RunningDivaMom

Throw the three bean bags and add up the three numbers. This is the number of repetitions you will be completing for each exercise.

1. Body weight squats
2. Jumping jacks or modified jacks
3. Double bicep curls with 5# bells
4. Squats with 5# bells
5. Arnold press with 5# bells
6. Side lunges with upward row w/ 5# bells
7. Monster walks with resistance band
8. Standing row with resistance band
9. Squat and pulse (add 20 sec)
10. Crunches
11. Single or double leg lifts
12. Frog leg glute bridges
13. Crunches with rotation
14. Chest press with legs elevated with 5# bells
15. Quadruped alternating row with 5# bells
16. Superman