

RunningDivaMom

Hop to It Easter Workout

After each exercise, hop number of times
noted in each direction

Need: lg & sm stability ball, 5-8# bells, chair

<p>10 tuck jumps 25 jumping jacks Hop 1x ea direction</p>	<p>10 russian twists 10 crunches Hop 2x ea direction</p>	<p>10 tricep dips 20 squats Hop 3x ea direction</p>
<p>15 lateral lunges 15 standing crunches Hop 4x ea direction</p>	<p>5 inchworms 20 sec side planks (ea) Hop 5x ea direction</p>	<p>10 full-body sit-ups 10 side leg lifts (ea) Hop 6x ea direction</p>
<p>15 arnold press 15 hammer curl Hop 7x ea direction</p>	<p>12 chest press on ball 12 crunches on ball Hop 8x ea direction</p>	<p>5 suitcase passes 15 glute bridges Hop 9x ea direction</p>
<p>10 weighted lunges 10 tricep pulses Hop 10x ea direction</p>	<p>15 double leg lifts 15 kneeling bicep curls Hop 11x ea direction</p>	<p>30 sec plank 15 supermans Hop 12x ea direction</p>