


1  **15**  
Single Leg Deadlifts  
w/ Bicep Curl w/ Weights  
Skip the curl if you want!

2  **15** Reverse Flies  
w/ Weights  
Sub: Bent Over Arm Circles w/o Weights

3  **15** Goblet Squats  
w/ OH Press  
Or, skip the Press w/o weights.

4 **20**  
Alternating Jumping  
Lunges in Plank Position

5 **20**  
Push Ups

6 **30**  
Russian Twists

7 **15**  
Kneeling Tap Backs w/ OH  
Press  
Same motion w/o the weights.

8 **20**  
Diamond Leg Lifts

**BOOM!**    Stretch, hydrate,  
and get on with  
your day!