

7	28	19	Wc	rko	11t	of '	the	<b>TA7</b>	ook
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MONTH/YEAR \_\_\_\_

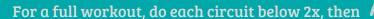
FREQUENCY GOAL -

COMPLETIONS

_	Free	weight
	1166	WGIZIIL



C Repeat



Break it up or do fewer as needed!

1 -

12 Single Leg Squat w/ OH Press

To modify, skip the weights.

Repeat on other leg

2

10 Single Leg Balance w/Bicep Curl & OH Press

C

C Repeat on other leg

3

**10** Jumping Lunges in Plank Position

4

1 1 Push Ups

Repeat exercises 3 & 4

1

**30** Butt Lifts

20

Pilates Bicycles

4

**20** Diamond Leg Lifts

3

**20** Russian Twists