

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Crab to back squats

fat and

core workouts

arm

WORKOUT

Biceps

Push ups

Tricep dips

Plan

Weighted squat row & press

Muscle shivers

Commando

Split push ups

fat and

core workouts

ab

WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

fat and

core workouts

CIRCUIT ONE

10 Jump squats



CIRCUIT TWO

10 Boxer jumps (30 sec)



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

10 Weighted squat row & press



CIRCUIT ONE

10 As 100s (30 sec)

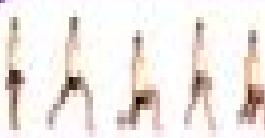


CIRCUIT TWO

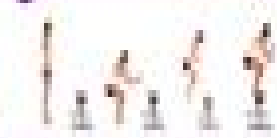
10 Muscle shivers (30 sec)



10 Weighted walking lunges (1 min)



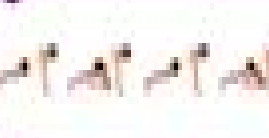
10 Burpee jumps



10 Push ups



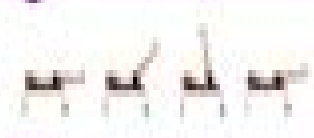
10 Muscle shivers (30 sec)



10 Weighted front leg pike



10 Leg raises in bench



10 Burn squats



10 Knee ups (1 min)



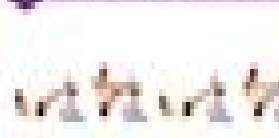
10 Tricep dips (30 sec)



10 Commando (30 sec)



10 Power leg sit ups with feet (1 min)



10 Toe touches



10 Weighted step ups (1 min)



10 Crab to back squats



10 Plan



10 Split push ups



10 As 100



10 Plan



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Yan Bai



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