

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Crab walk squats

fat and core workouts

arm

WORKOUT

Biceps

Push ups

Tricep dips

Plan

Weighted squat rows & press

Muscle shivers

Commandos

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

15 Jump squats



CIRCUIT TWO

20 Boxer jumps (30 sec)



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

15 Weighted squat rows & press



CIRCUIT ONE

30 As 100s (30 sec)



CIRCUIT TWO

20 Muscle shivers (30 sec)



20 Weighted walking lunges (1 min)



10 Burpee jumps



20 Push ups



20 Muscle shivers (30 sec)



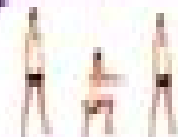
15 Weighted front leg pike



10 Leg raises in bench



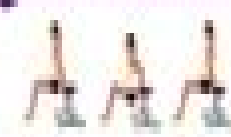
15 Burn squats



20 Knee ups (1 min)



20 Tricep dips (30 sec)



20 Commandos (30 sec)



20 Power leg sit ups with feet (1 min)



10 Toe touches



15 Weighted step ups (1 min)



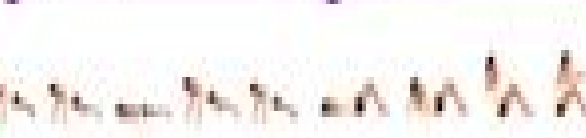
10 Crab walk squats



20 Plan



15 Split push ups



10 Sit ups



20 Plan



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R Bogdan

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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