

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

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commandos

Split push ups

fat and core workouts

ab WORKOUT

As it lies

Weighted front leg pike

Power leg sit ups with feet

Ob sit

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 it lies (30 sec)

CIRCUIT TWO

20 Muscle shivers (30 sec)



20 Weighted walking lunges (1 min)

10 Burpee jumps

10 Push ups

10 Muscle shivers (30 sec)

15 Weighted front leg pike

10 Leg raises in bench



10 Burn squats

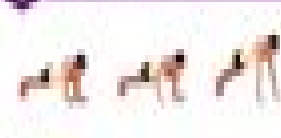
10 Knee ups (1 min)

20 Triceps dips (30 sec)

10 Commandos (30 sec)

20 Power leg sit ups with feet (1 min)

10 Toe touches



15 Weighted step ups (1 min)

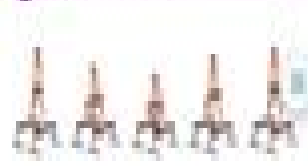
10 Crab walk squats

20 Plan

15 Split push ups

10 Ob sit

20 Plan



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Katrin Zwirglmaier



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