

FULL BODY WORKOUT

COMPLETE WORKOUT 5X THROUGH

PLIE SQUAT
TO
UPRIGHT
ROW

16 REPS



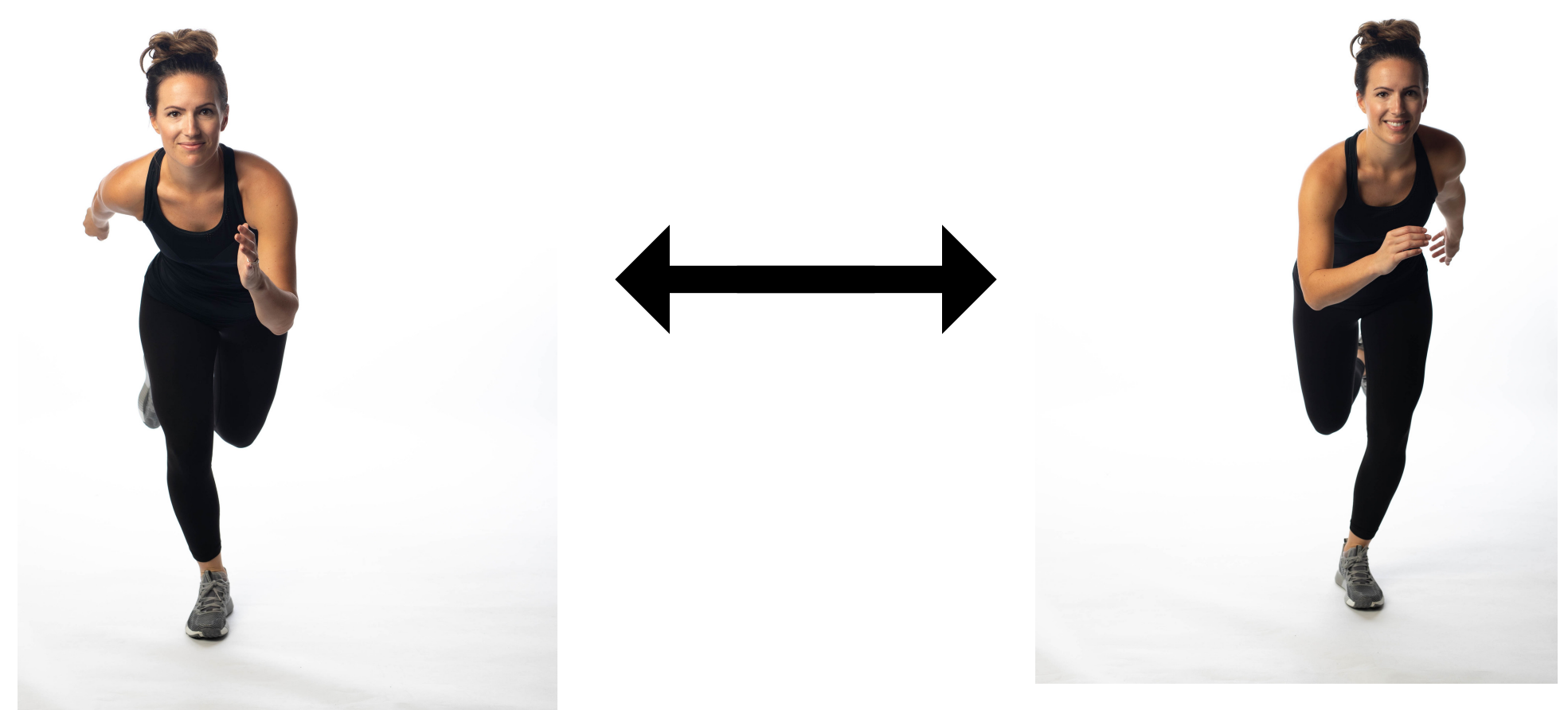
WOOD-
CHOPS

12 REPS
PER
SIDE



SKATERS

1
MINUTE



UP/DOWN
PLANKS

20 REPS



BOOTY
KICKBACKS

20 REPS
PER
SIDE

