

3 MOVE FULL BODY WORKOUT

COMPLETE WORKOUT 5X THROUGH!

PLIE
SQUATS W/
UPRIGHT
ROW

12 REPS



ALTERNATING
FRONT
LUNGE W/
REAR FLYE

20 REPS



FALLING
STAR SIDE
PLANK TO
ALTERNATING
KNEE TAP
DOWN

10 REPS
PER
SIDE

