

OPTIONAL

Friday  
1 & 3

# FULL BODY WORKOUT

Medicine ball squat & press

Knee ups

Ab bikes

Walking lunges

Burpees

Straight leg sit ups

Weighted step ups

Push ups

## CIRCUIT ONE

15  
reps

Medicine ball squat & press



30  
reps

Knee ups (15 per leg)



40  
reps

Ab bikes (20 per side)



24  
steps

Walking lunges (12 per leg)



## CIRCUIT TWO

10  
reps

Burpees



15  
reps

Straight leg sit ups



30  
reps

Weighted step ups (15 per leg)



15  
reps

Push ups



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