BURN & TONE

SUPERSET A-E

20 REPS PER EXERCISE **X3 SETS**

A - REVERSE LUNGE & AB CRUNCH

B - PUSH UPS & OBLIQUE CRUNCH

C - BENT OVER LAT RAISE
& LEG RAISES

D - GLUTE RAISES & DEAD BUGS

E - RENAGAGDE ROW
& JUMP SQUATS

FINISHER - Max wall squat or Hover