

FAT BURN 2010

*13-15 reps

1. BAND PULLS
2. BAND PRESS
3. BICEP CURLS
4. TRICEP KICKBACKS
5. MEDICINE BALL PLACE LUNGES

1. JUMPING JACKS
2. SPRINT & BACKPEDALS
3. JACKKNIFE ABS
4. DIPS
5. LOW BACK HIP RAISES