

GREAT TONING/FAT BURNING WORKOUT FOR THE LADIES:

1. SIDE SQUAT WALKS
2. FULL CIRCLE LATERAL RAISES (DUMBBELL) 20X
3. SPLIT JUMPS (16)/SQUAT JUMPS (12)
4. FULL JACKKNIFE CRUNCHES 20X
5. STABILITY BALL HIP RAISES/HAMSTRING CURLS 15 EACH
6. FLOOR DIPS WITH ONE LEG UP- 10 EACH
7. BACK LUNGE WITH BAND PULLS-ALTERNATE LEGS 24 REPS
8. DUMBBELL LOW TO HIGH ROTATIONS 15 EACH

2-4 ROUNDS