

ROBERTA'S WORKOUTS 7/14/09

1. DUMBBELL JAB & CROSSPUNCH- 15 EACH SIDE
2. DEEP SIDE STEPS- 15 EACH LEG
3. DUMBBELL JAB/CROSS PUNCH/ HOOK/ UPPERCUT 15 EACH SIDE
4. JUMP ROPE 1 MIN
5. BACK LUNGE WITH GLIDING DISC OR TOWEL- LENGTH OF GYM/ SPRINT BACK AND REPEAT WITH OPPOSITE LEG.
6. BAND PULL IN LUNGE POSITION 12 EACH LEG
7. CORE COMBOS- 1) SIDE CRUNCHES
2) SCISSORS LICKS
3) HIP RAISES
-15-20 EACH

2-4 ROUNDS