

WORKOUT #2

Foam Roll

Stretch

Circuit 1

Band walks around knees with squat (squat every 3rd step). 2 x 12 steps both ways

Ball slams 2 x 10

Push-ups (focus on squeezing butt and abs) 3 x 8-10

Circuit 2

Band row (2 arms) 3 x 12-15

Curl press 2 x 10-12

Triceps (standing, bend over and push back) 2 x 10-12

Walk a mile!