



MOVE 1
BIKINI WALKOUT + PLANK JACK
Sculpts your shoulders and core!
DO 10 REPS.



MOVE 2
SQUAT + PRESS
Tones your booty and shoulders!
DO 10 REPS.



MOVE 3
SQUAT + CURL + PRESS
Tones your booty, biceps, and shoulders!
DO 10 REPS.



MOVE 4
ROW + TRICEPS EXTENSION
Targets your back and triceps!
DO 20 REPS.



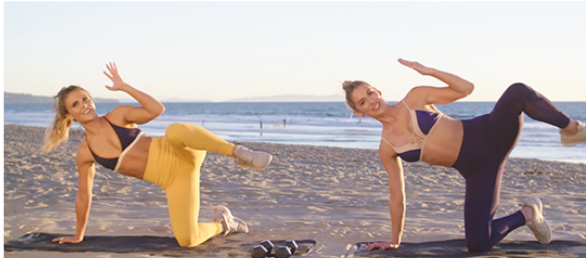
MOVE 5
DEADLIFT + UPRIGHT ROW
Tones your booty, core, and shoulders!
DO 10 REPS.



MOVE 6
DEADLIFT WITH SIDE KICK + UPRIGHT ROW
Sculpts your booty, outer thighs, and arms!
DO 10 REPS.



MOVE 7
DONKEY KICK
Sculpts your booty!
DO 16 REPS ON EACH SIDE.



MOVE 8
SIDE PLANK + CRUNCH
Targets your obliques!
DO 20 REPS ON EACH SIDE.



MOVE 9
V-SIT + CURL
Strengthens your core and biceps!
DO 15 REPS.



MOVE 10
ROCK THE BOAT
Sculpts your obliques!
DO 20 REPS.