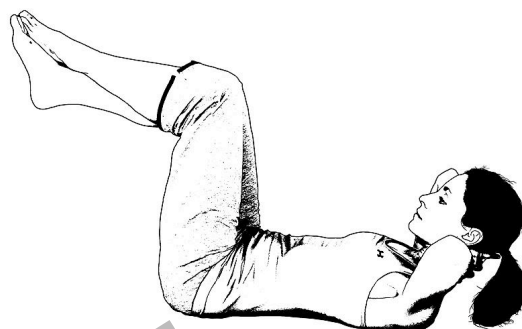


Jump Rope



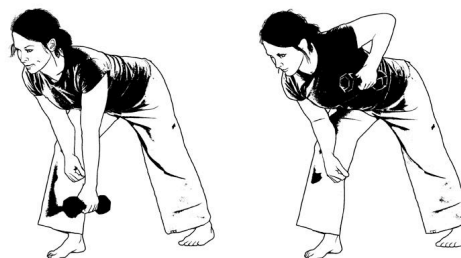
Raised Knee Crunch

Start your workout with 7 minutes of Jump Rope.

Use a yoga mat and complete 3 sets of 15 Raised Knee Crunches. Your goal is to keep your legs high, and clear your shoulder blades.



Sumo Squat Tricep Extension



Single Bent Over Row

Use 5- pound dumbbells. Don't cheat on the squat - go low to feel the burn. Do 3 sets of 12.

Grab an 8- pound dumbbell, and do 3 sets of Bent Over Rows, up to 15 reps on each side. Keep your belly tight and remember to breathe!