



HOME WORKOUT

RONDE 1



HIGH
PLANK

3 Sessions

30 Sec each

15 Sec rest



BACK
PLANK

3 Sessions

30 Sec each

15 Sec rest



SIDE
PLANK

3 Sessions

30 Sec each

15 Sec rest



BACK
DIP

3 Sessions

10x Each

15 Sec rest



SQUAT

3 Sessions

25x Each

15 Sec rest

RONDE 2



SIT UP

3 Sessions

30x Each

45 Sec rest



DONKEY
KICK

4 Sessions
2 left, 2 right

30x Each

45 Sec rest



SUMO LEG
STRETCH

1 Session

30x Stretch

45 Sec rest



SUMO
SQUAT

1 Session

20x Squats

45 Sec rest



RUSSIAN
TWIST

2 Sessions

25 Sec each

15 Sec rest