








☺ KEY POINT: Start with 10-15min cardio to get the muscles warmed and to prevent injury. Jump rope, bike, treadmill, walk/run a few laps.

## Workout #2 (GYM WORKOUT)

EXERCISE	REPS	SETS	REST	MUSCLE GROUP
Squat 	8	3	30sec	Quadriceps Gluteus Maximus Hamstring
Rotating Lunge 	10 each leg	3	30sec	Quadriceps Gluteus Maximus Hamstring
Lat Pull Downs	10	3	30sec	Upper Back Trapezius

				Rhomboids
<p>Bent Row w/Weight</p> 	8	3	30sec	Deltoids Shoulders Rhomboids
<p>Triceps Overhead Extension</p> 	10-12	3	30sec	Triceps

				
<p>Push Ups</p> 	10	3	30sec	Chest Biceps Triceps