



Miss the gym! Workout

Lunges 20 x 2

Raises and Press 20 x 2

Rows 20 x 2

Ropes 90 seconds x 2

Lunge with Pulse 20 x 2

Pulse Squat with Press 20 x 2

Frog Walk and Leap 20 x 2

Crunches and Bicycles 20 x 2

Repeat until you no longer
miss the gym!!!