WEEKEND WORKOUT - 24 MINUTES

EVERY CIRCUIT 5 MINUTES - 1 MINUTE PAUSE - 4 TIMES

WWW.LINDARELLA.DE

1: 12 REPS

2: 12 REPS PER SIDE

3: 12 REPS PER LEG - 24 LUNGES & 24 SQUATS TOTAL

4: 12 REPS

5: 12 STEPS PER LEG - 24 TOTAL