

# Love Your Workout!

WHAT WORKOUT IS BEST FOR YOU? TRY EACH WORKOUT CIRCUIT BELOW TO FIND A WORKOUT YOU LOVE!

## CRAZY FOR CORE

30 RUSSIAN TWISTS  
25 STANDING SIDE BENDS  
20 MOUNTAIN CLIMBERS  
15 CRUNCHES  
10 SIT UPS  
30 SECOND PLANK HOLD

REPEAT 3 TIMES

## HIIT IT!

10 JUMPING JACKS  
15 BURPEES  
20 SOCCER KICKS  
15 AIR PUNCHES  
10 SQUAT JUMPS

REPEAT 5 TIMES

## SLOW & STEADY

TABLE TOP POSITION  
ALTERNATING BIRD DOG  
PLANK  
DOWNWARD DOG  
PLANK  
CHILD'S POST

HOLD EACH POSE FOR 30  
SECONDS, THEN FLOW  
THROUGH EACH MOVE  
3 TIMES

## LOVE YOUR LIFT

SHOULDER PRESS  
CHEST FLIES  
BICEP CURLS  
TRICEP KICKBACKS  
SUMO SQUATS  
REVERSE LUNGES  
CALF RAISES

COMPLETE 15 REPS OF  
EACH MOVE. REPEAT 3  
TIMES