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# Basic Anytime Fitness Workout

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DO NOT RUSH ~ WATCH YOUR FORM ~ THREE SETS OF... your rep# !

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**WARM-UP:  
FROG JUMPS - also today's "challenge"!**

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**DUAL BICEP CURLS WITH BANDS**

**OVERHEAD TRI PRESS WITH BANDS**

**LATERAL DELT RAISES WITH BANDS**

**PUSH - UPS (knees down if needed)**

**SIMPLE (PERFECT) CRUNCHES**

**DEEP SUMO SQUATS**

**CALF RAISES**

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**COOL DOWN STRETCHING**  
*my fave - single-leg twister on back*

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