
Basic Anytime Fitness Workout

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

**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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