



17 Moves, 10 reps each

Bicep Curls

Shoulder Press

Squats

Pushups

Tricep Dips

Deadlift

Bentover Row

Jumping Jacks

Jumping Squat

Jump Rope

Burpees

Crunches

Reverse Crunches

Alternate v-ups/or V-ups

Plank with Toe Tap

Heel taps

Sit-ups

