



Friday Leftovers Workout

*2 x 20
Each*

Brunch

*2 x 20
Each*

SQUAT + FRONT KICK
STANDING BACK ROW
BICEP CURL
TRICEP OVERHEAD EXTENSION
HIGH KNEES

Afternoon Snack

BACK LUNGE PULSE (EACH SIDE)
GLUTE BRIDGE (ON FLOOR)
SHOULDER PRESS
PUSHUPS
BUTT KICKS

Dinner

ROMANIAN DEADLIFT (RDL)
LAYING SIDE DOUGHNUTS (EACH SIDE)
DONKEY KICKS
DOUBLE ARM TRICEP KICKBACK
SIDE SHUFFLE

11pm Raid-the-Fridge

BICYCLE CRUNCH
DOUBLE LEG LIFT
1 MINUTE PLANK
CRUNCH + 4 PUNCH
1 MINUTE CRUNCH HOLD

