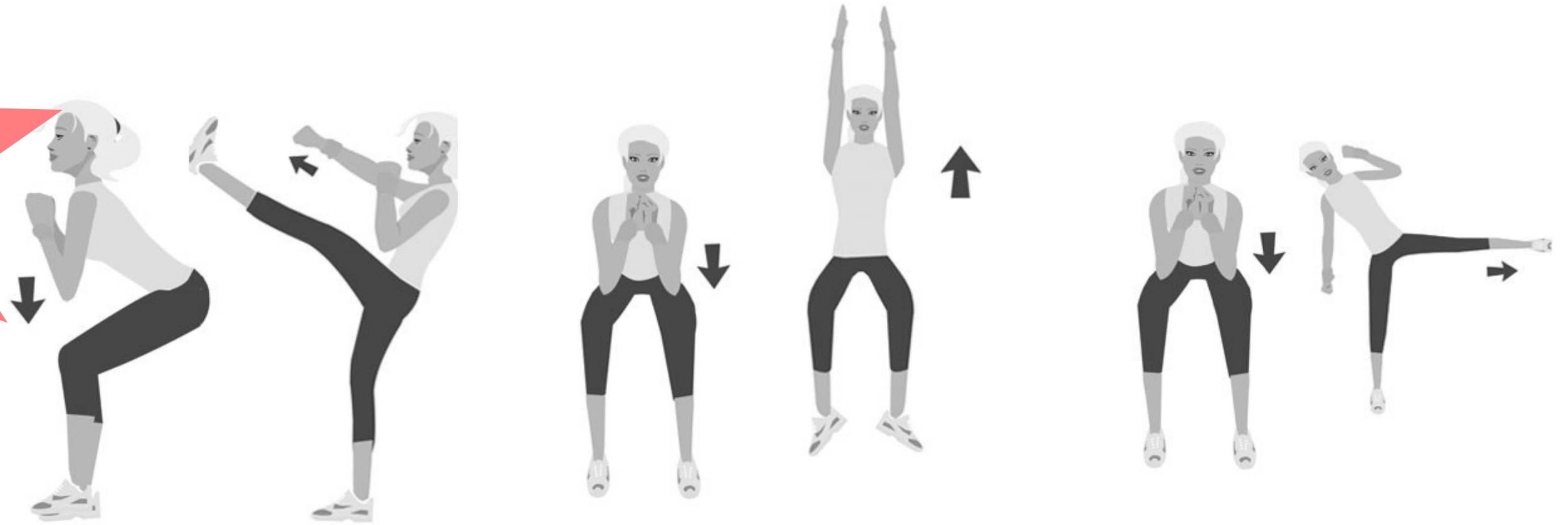


# The Ultimate Cellulite Blasting Circuit

A Lower Body Workout

Complete 1 minute  
of Jumping jacks  
or High knees in  
between each  
round



**ROUND 1**

30 Squat Kicks



30 Squat Jumps



30 Side Kicks

**ROUND 2**

20 Squat Kicks



20 Squat Jumps



20 Side Kicks

**ROUND 3**

10 Squat Kicks



10 Squat Jumps



10 Side Kicks

**REPEAT ALL ROUNDS 2-3 Xs**