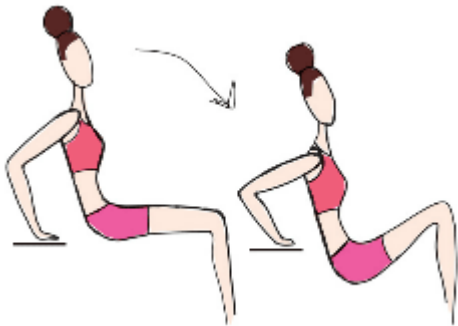
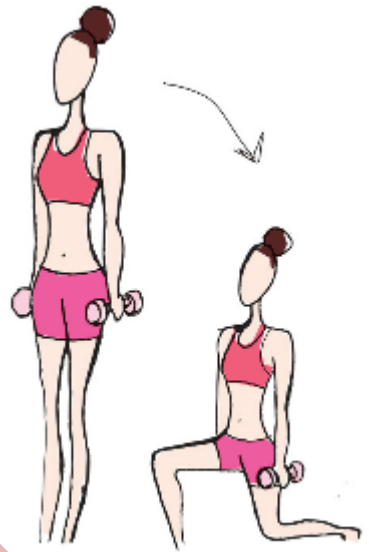


The Perfect Circuit

*Do it 2-3 Times *



TRICEP DIPS
x12

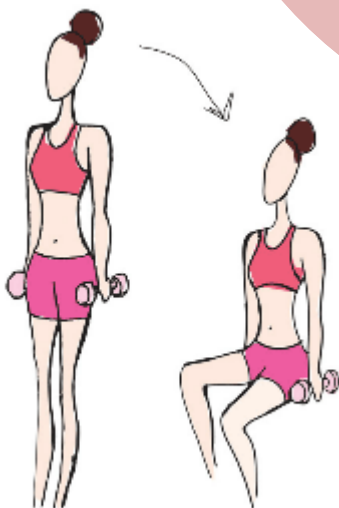


REVERSE
LUNGE **x12**

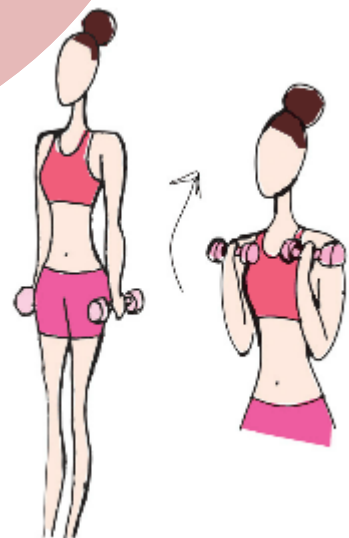
2 Minutes of Cardio in between
each exercise

Choose from

1. Jumping Jacks
2. Jump Rope
3. Burpees
4. High Knees



FULL SQUATS
x12



BICEP CURLS
x12