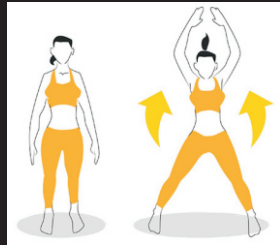


SUPERMUM

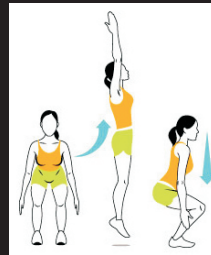
WORKOUT #1



Do two rounds of the exercises below
Work hard for 30s per exercise, then rest for 10s
Total workout time will be 5m 20s



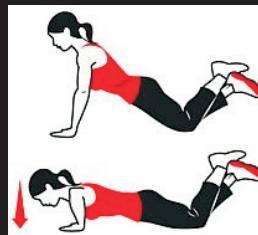
Star Jumps



Squat Jumps



High Knees



Push-ups

Give it
your
absolute all
during the
work phase!!

For beginners drop the work phase down to 20s but keep the rest to 10s!

For more free workouts visit www.aj-pt@weebly.com

AMANDA JONES