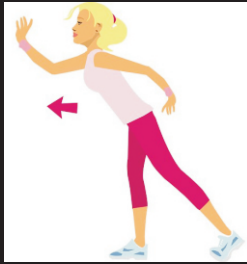


# SUPERMUM

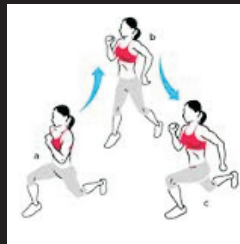
## WORKOUT #2



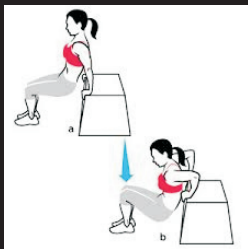
Do two rounds of the exercises below  
Work hard for 30s per exercise, then rest for 10s  
Total workout time will be 5m 20s



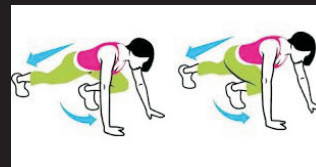
*Spotty Dogs*



*Jumping Lunges*



*Tricep Dips*



*Mountain Climbers*

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](http://www.aj-pt@weebly.com)

AMANDA JONES