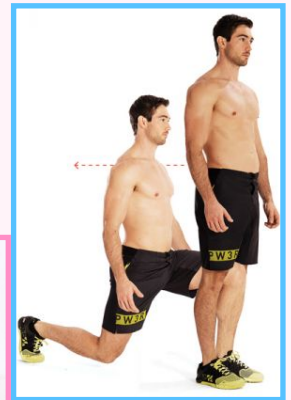


GET MOVING! WORKOUT QUICKIE!

Start your timer for 10 minutes!
Your goal is to keep going until **that time** runs out!
Try to complete as many rounds on **your circuit** as possible
without resting!

Reverse lunges - 5 reps per side



Push ups - 10 reps



Hip Bridge - 10 reps



Mountain climbers - 30
seconds



Did you finish **and have time** left? Start the routine over again!

So how did you **do?** **Keep** at it and this will soon be a breeze
for you! ~ Viviana Gamboa - FitRec Personal Trainer

