

30 minute Workout

Pick a weight that allows you to do the 8-10 reps maintaining good form.

1. Pushups – 10-12 reps
2. Shoulder Press – 10 reps (20-25lbs/each hand)
3. Goblet Split Squat – 8 reps each leg (25-30lbs)
4. Single Leg Deadlift – 10 reps each leg (25lbs)
5. One arm Row – 8 reps each arm (35 lbs)
6. Crunches - 50 reps
7. Sit Ups - 15 reps