

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Barre squats

Weighted step ups

Boxer jumps

Barrel jumps

Step ups

Crab to beach squats

# fat and core workouts

# arm WORKOUT

Biceps

Tricep ups

Tricep dips

Flare

Weighted curl over 8 arms

Muscle shivers

Commando

Roll push-up

# fat and core workouts

# ab

## WORKOUT

As I like

Weighted front leg pullbacks

Power leg sit-ups with feet

Ob sit

Muscle shivers

Leg raise in beach

Toe touching

Flare

# fat and core workouts

### CIRCUIT ONE

15 Jump squats



### CIRCUIT TWO

20 Boxer jumps (30 sec)



### CIRCUIT ONE

15 Biceps



### CIRCUIT TWO

15 Weighted curl over 8 arms



### CIRCUIT ONE

15 As I like (30 sec)



### CIRCUIT TWO

15 Muscle shivers (30 sec)



15 Weighted walking lunges (30 sec)



15 Barrel jumps



15 Tricep ups



15 Muscle shivers in circles



15 Weighted front leg pullbacks



15 Leg raise in beach



15 Barre squats



15 Crab to beach squats



15 Weighted curl over 8 arms



15 Commando (30 sec)



15 Power leg sit-ups with feet (30 sec)



15 Toe touching



15 Weighted step ups (30 sec)



15 Crab to beach squats



15 Flare



15 Roll push-up



15 Ob sit



15 Flare



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**Patrick Vollmar**



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