

CHOOSE YOUR OWN ADVENTURE

WORKOUT:

100 SQUATS

100 PUSHUPS

50 BURPEES

100 LUNGES

100 DIPS

50 GET UPS

100 SIT UPS

100 PULSE GLUTE

BRIDGE

50 SKATERS

**CHOOSE HOW MANY YOU DO AT A TIME,
CHOOSE WHAT ORDER YOU DO THEM IN,
JUST GET THEM DONE!!**