

POWER GYM WORKOUT

WARM UP

10 SIT-UPS

10 SUPERMANS

10 ARM CIRCLES

10 LEG SWINGS

10 DEADLIFTS TO OVERHEAD PRESS

REPEAT 2 TIMES

WORKOUT

10 DEADLIFTS TO OVERHEAD PRESS

15 MEDICINE BALL PUSH-UPS

20 SIT-UPS

10 WALKING LUNGES WITH DUMBBELL

15 TRX ROWS

20 MEDICINE BALL BURPEES

REPEAT 3 TIMES

25 REVERSE CRUNCHES

10 SIDE-LYING LEG LIFTS

REPEAT 2 TIMES

POPSUGAR
FITNESS