

summer slim down

# strength & core AMRAP

SET A TIMER FOR 4 MINUTES.  
COMPLETE 10 REPS OF EACH  
EXERCISE. KEEP TRACK OF HOW  
MANY ROUNDS YOU COMPLETE IN  
4 MINUTES. REPEAT 4X.

Leg Lifts  
Glute Bridge  
Single Arm Push Ups (5 each side)  
Plank Jacks