

WORKOUT OF THE MONTH

Backward Lunge w/ Med Ball Front Raise

- 3 Sets
- 8-10 Repetitions each leg



Squat Med Ball Toss

- 3 Sets
- 12-15 Repetitions



Med Ball Push Ups

- 3 Sets
- 8-10 Repetitions each arm



Superman Roll

- 3 Sets
- Roll back and forth 16-20 times



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WORKOUT OF THE MONTH

Backward Lunge Pass Over

- 3 Sets
- 8-10 Repetitions each arm



Med Ball Woodchops

- 3 Sets
- 12-15 Repetitions each side



Straight Arm Russian Twists

- 3 Sets
- Pass back & forth 16-20 times



Med Ball V Ups

- 3 Sets
- 12-15 Repetitions



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