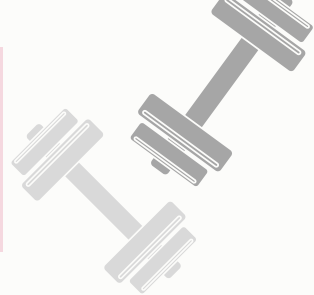




The Leg Burner

CHICKPEAMEATBALL WORKOUT



ACTIVITY	TIME	REPS
SET 1 <ul style="list-style-type: none"> • Step-ups (each side) • Push-ups • Chest and shoulders 		10X 10X 7-10X
SET 2 <ul style="list-style-type: none"> • Jumping jacks • Jump squats 	30 Sec. - 1 Minute	
SET 3 <ul style="list-style-type: none"> • Plank • Side plank (each side) • Up & down planks 	30 Sec. each side	
SET 4 <ul style="list-style-type: none"> • Back lunge to high knee (each side) • Cross over squats 		7-10X 7-10X
DAY 5 <ul style="list-style-type: none"> • V-ups • Bicycles • Hollow Hold • Superman 	30 Sec.	7-10X 7-10X 10X