

Full Body Sculpt Workout:

www.benderfitness.com

-Set Your Interval Timer for 15 Rounds of 10/50

Walk the Plank Pushups

Stormy Boat

Pelvic Tilt Plank

Side Plank Thigh Squeeze-Right

Side Plank Thigh Squeeze-Left

Curtsy Lunge-Right

Curtsy Lunge-Left

Romanian Deadlift

Warrior Deadlift-Right

Warrior Deadlift-Left

Squat Jump

Mountain Climber

Lunge Jump

Burpee

Donkey Kick

****Repeat 1-3X****

