

QUICK & EASY WORKOUT PLAN

WARM UP

- * Stretch for 2 minutes
 - * 20 jumping jacks
 - * 20 arm circles

WORK OUT

- * 20 alternating lunges
 - * 10 narrow squats
 - * 10 pushups
 - * 10 situps
 - * 10 pushups
 - * 10 situps
- * 10 regular squats
 - * 20 bicep curls
- * 10 shoulder raises
 - * 10 tricep raises

COOL DOWN

- * Stretch for 2 minutes
- * Favorite yoga poses - 5 minutes

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