**Travel Workout!**

**To be done with a minimum of 5 lb dumbells or more!**

Repeat Each grouping of exercises 3 X:

* 20 squat front kick, alternating legs
* 12 bicep curls to shoulder press
* 20 curtsies
* Walking lunges with a shoulder fly
* 10 sets of wide to close pushups on knees
* 10 sets reverse flies (standing, bent over back flat)
* 10 sets punch crunch (sit up 2 punches)
* 10 sets lower abs leg lifts or pendulum

STRETCH!!!!