

DAY 2

*BODY WEIGHT SQUATS (3 SETS/10 REPS)

*JUMPING SQUATS (3 SETS/10 REPS)

* CALF RAISES (3 SETS/10-12 REPS)

*STANDING LUNGES (3SETS/10 REPS)

*30 SECOND JUMPROPES (3 SETS)



REMEMBER... ONE DAY AT A TIME