

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)**

Shoulders

Military press (4 sets of 10)

Weighted jumping jacks (3 sets of 20)

Front arm raises (3 sets of 10)

Side arm raises (3 sets of 10)

REMEMBER... ONE DAY AT A TIME