

JAR OF LEMONS

— BEACH-READY — TOTAL-BODY WORKOUT

(DO THIS WORKOUT 2-3 TIMES!)

PLIE SQUATS

25 REPS



LATERAL PULL DOWN LUNGES

20 REPS
(ALTERNATING SIDES)



BURPEES

10 REPS

DONKEY KICKS

25 REPS
(EACH SIDE)



TRICEP DIPS

20 REPS

SCISSOR ABS

25 REPS
(ALTERNATING SIDES)

