

JAR OF LEMONS
— CORE —
BLEACHER WORKOUT
(DO THIS WORKOUT 2-3 TIMES!)



LEG LIFTS

20 REPS

BLEACHER SPRINTS

3 MINUTES



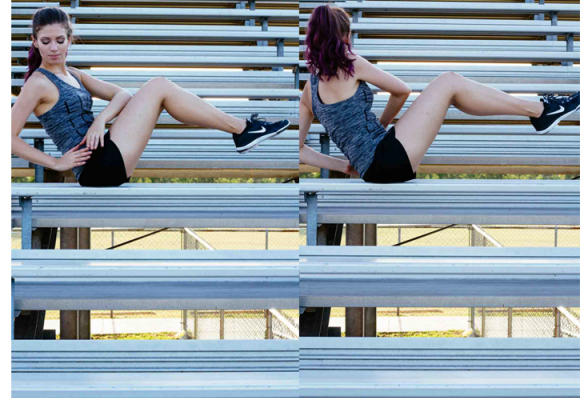
BLEACHER SPRINTS

3 MINUTES

RUSSIAN TWISTS

30 REPS

(ALTERNATING)



SCISSORS

20 REPS

(ALTERNATING)

LEG DIPS

30 REPS

(ALTERNATING)



SPIDERMAN PLANKS

30 REPS

(ALTERNATING)

BLEACHER SPRINTS

3 MINUTES

