

TAKE A SEAT WORKOUT



Equipment needed: Hand weights, leg press, water, towel, weight lifting gloves

Participate at your own risk.

Exercise	Weight	Reps
Walking lunges w/ biceps curl	25	25
Backward lunge w/ shoulder press	25	20
Standing flyes	25	20
Box runs	NA	45 sec
Wall sit with hammer curls	25	30 sec
Leg press	45	15
Leg press pulses	45	15
Squat jumps	NA	20
Mountain climbers (3 sets)	NA	10 sec, 10 reps

REPEAT 2X

DONE IN 30 MINUTES