

Row It Out Workout

Equipment needed: Barbell, hand weights, towel, water



Repeat workout 1 X

Exercise	Reps
Squat position row	12
Lunge back row	12
Standing chest press	15
Forward lunge chest press	15
Standing flyes	15
Deadman lift	15
Push Ups	20
Mountain climbers	30 seconds

Workout by certified personal trainer Heather Brooke-Malone Wolf.

Participate at your own risk.