

HOW MANY TIMES WORKOUT



Equipment needed: Dumbbell, rowing machine, towel, water

Workout by certified personal trainer Heather Brooke-Malone Wolf. Participate at your own risk.

Beginner Repeat 1 X's	Intermediate Repeat 2X	Advanced Repeat 3X
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Exercise	Reps
Walking lunges with shoulder press	20
Alternating weighted lunges	30
Staggered push ups (left/right)	12/side
Mountain climbers	60 sec
Rowing machine	200 meters
Sprints	20 meters
Wall sit	60 sec
Butt kickers/hi knees/jumping jacks	15 sec each X 2
Weighted squats	50
Plank hold	60 sec