

THE HILLS WORKOUT



Equipment needed: Step bench, 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
Step ups (left/right)	15/side
Bench jumps	15
Decline push ups	20
Mountain climbers	60 sec
Side step up lateral leg raise	15/side
Plank hold	60 sec
Jump lunges	20
Bench V-Ups	60