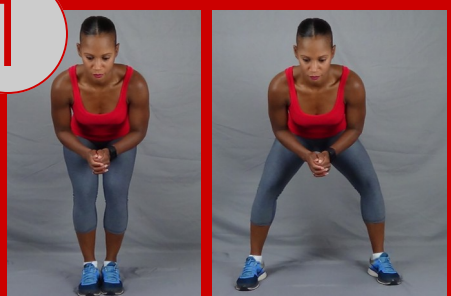


MIDDLE-AGE MAMA WORKOUT

1



20 QUICK FEET IN & OUT X 3

2



10 BICEP CURL TO PRESS UP TO SQUAT X 3

3



10 SINGLE LEG DEAD LIFT X 3

4



10 PLANK JACK TO RENEGADE ROW X 3

5



10 RUNNER'S SQUAT X 3

6



10 LATERAL SQUAT X 3