**Legs/Back/Biceps**

10 Squats

10 Glute Bridges w/feet on fitball

10 Calf Raises

:30 sec. Back Pedal Run on HIITmill

15 Leg Lifts

REPEAT X3

10 Webslide Rows

10 Webslide Upright Rows

Burnout Pull Ups

15 Russian Twists with Medicine Ball Throws

REPEAT X3

10 Webslide Single Arm Curls (hold opposite arm at 90 degrees)

10 Rotating Dumbbell Curls

10 Extensions on Ab Roller

REPEAT X3