

Body Sculpt Workout

Home workout with or without weights

- Warm-up 5-10 minutes
- 50, 75, or 100 squats (you choose!)
- Upper Body: 12 push-ups (modifications- against wall or drop knees), one-minute plank, 15 tricep dips, 12 v-ups, 12 Russian Twists
- 50, 75, or 100 wide squats
- Repeat Upper Body
- 10, 25, or 50 one leg glute bridge each side
- Repeat Upper Body
- Stretch and drink water

*** You are exercising at your own risk. Consult with your doctor before beginning any new exercise.**

For more information

www.ShakopeeMN.gov/communitycenter

