

SUMMER *Girlfriend* WORKOUT #2

Goal: 3 times per week for the entire month of July
Workout time: 45 minutes

Warm Up

1 Minute **Leisure Walk**

Repeat this sequence 5 times for 40 minutes

5 Minutes **Speed Walk**

1 Minute **Side Shuffle**

1 Minute **Walking Lunge**

1 Minute **Ab Walk**

Strength Building

2 Minutes **Tricep Dips**

2 Minutes **Push Ups**