

SUMMER *Girlfriend* WORKOUT #3

Goal: 3 times per week for the entire month of August
Workout time: 57 minutes

Warm Up

1 Minute Leisure Walk

Repeat this sequence 5 times for 50 minutes

4 Minutes Speed Walk

2 Minutes Side Shuffle

2 Minutes Walking Lunge

2 Minutes Ab Walk

Strength Building

3 Minutes Tricep Dips

3 Minutes Push Ups