Antental Circuit 3

Squats

Bust Lifter

Jog

Equipment

Wall Squat

Standing Burpee

Calf Raises

Jog

Jog

Wall Press Up

Static Lunge R

Squat and Rise

Standing Hip Circle

Static Lunge L

Jog

Mats – 3

Dumbells – 3 Pairs

Resistance Loops - 0