Antental Circuit 5

Curtsey Lunge L

Curtsey Lunge R

Standing Hip Circles

 Equipment

Over Head Tricep Extension

4 Point Kneeling Extension L

4 Point Kneeling Extension R

 Wall Squat

Bust Lifter

Standing Burpee

Bicep Curl

Squat and Rise

Jog

Clean and Press

Punch and Squat

Mats – 2

Dumbells – 3 Pairs

Resistance Loops - 1