

**HYDRATE**

**WEEK 2**



# Circuit

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<b>Summon Squats</b>	<b>30 sec</b>
<b>Tricipes Push-Ups</b>	<b>30 sec</b>
<b>Curtsy Lunges</b>	<b>30 sec</b>
<b>Pilate Lifts</b>	<b>30 sec</b>
<b>Bicep V-Curls</b>	<b>30 sec</b>
<b>Plank</b>	<b>30 sec</b>
<b>REST</b>	<b>2 min</b>
<b>Repeat up to 3 x</b>	

*Me 1st  
Fitness  
Training*

- MIND & BODY -