

FIT CHICKS®

45:15 Super Summer Sculptor WORKOUT

**This circuit uses the full body!
You will do 45 seconds of work, then rest 15 seconds
before moving on to the next exercise. Then repeat!**

**Squats to overhead press
Side to side push ups
Alternating reverse lunges with lateral raise
Bent over row
Burpees**

Repeat!

Choose your intensity!

**Level 1 - Do 2 rounds and use bodyweight only
Level 2 - Do 2 rounds and use 8-10 pound dumbbells
Level 3 - Do 3 rounds and use 15+ pound dumbbells**

