

FIT CHICKS®

"Peripheral Heart Action"

WORKOUT

**Do 12-15 reps of each exercise without rest,
then rest one minute and repeat for 4-5
rounds!**

- 1. Dumbbell Squat**
- 2. Shoulder Press**
- 3. Deadlift**
- 4. Push Up**
- 5. Alternating Lunges**
- 6. Single Arm Row**

Choose your intensity!

Level 1 - Use 5-8 pound weights

Level 2 - Use 10 - 15 pound weights

Level 3 - Use 20 - 25 pound weights

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