

# FIT CHICKS®

## "10 minute Full Body" WORKOUT

**For this workout do each move for 30 seconds with no rest in between - rest one minute between rounds then repeat 3x**

- 1. Reverse Lunge to Lateral Raise**
- 2. Burpee**
- 3. Squat with overhead press**
- 4. Football Runs**
- 5. Bench Step Ups**

*Choose your intensity!*

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- Level 1 - Use 5-8 pound weights**
- Level 2 - Use 10 - 12 pound weights**
- Level 3 - Use 12 - 15 pound weights**

