

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. Deadlift**
- 2. Burpee**
- 3. Squat with overhead press**
- 4. Dumbbell Swings**
- 5. Jump Lunges**

Choose your intensity!

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

