



“SHOW ME 100!”

Make sure you have consulted with your physician before you start any new exercise routine. If you want to learn more about these types of workouts, or to get more help and support in a team environment, contact us today!

There are a series of 5 stations, 3 minutes timed at each station, 3 sets of 10 repetitions at each station. At the end of 3 minutes at each station, stop, take 1 minute rest to get prepared for the next station, then rock it!

We promise you this workout will not take longer than 20 minutes and you **WILL** burn at least 100 calories!! We upgrade lives daily! Find out how at www.epicfitness.biz

Workout #1

Station #1- Side shuffle to cone

Station #2 – Push up

Station #3 – Split squat (in-place lunge) to 1 arm dumbbell overhead press

Station #4- Superplank (plank to push up)

Station #5 –Lunge stance 45 degree 1 Dumbbell row