

# **BRIDAL WORKOUT #1**

## **“LUCKY 7’S”**

**WARM-UP (5-10 MIN)**

### **WORKOUT**

**COMPLETE 7 ROUNDS IN BEST TIME**

**7 JUMPING JACKS**

**7 SQUATS**

**7 WALKING LUNGES (EACH SIDE)**

**7 BICEP CURLS (EACH SIDE)**

**7 TRICEP DIPS (ON CHAIR OR BENCH)**

**7 PUSH-UPS**

**7 CRUNCHES**

**3-5 MIN REST**

**CARDIO**

**150 JUMP ROPE (OR) RUN ½ - 1 MILE**

**CORE WORK – COMPLETE 1-3 ROUNDS**

**20 CRUNCHES**

**20 OBLIQUE CRUNCHES (LEFT)**

**20 OBLIQUE CRUNCHES (RIGHT)**

**COOL-DOWN (5-10 MIN)**

**STRETCH OUT WELL!**

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