

BRIDAL WORKOUT #3

“BRIDAL LADDER CHALLENGE”

WARM-UP (5-10 MIN)

WORKOUT

COMPLETE IN BEST TIME POSSIBLE:

100 JUMP ROPE

90 BICYCLE CRUNCHES (45/SIDE)

80 BENCH STEP-UPS (40/SIDE)

70 JUMPING JACKS

60 SQUATS

1/4 MILE RUN

50 BICEP CURLS

40 SIDE LUNGES (20/SIDE)

30 CRUNCHES

20 PUSH-UPS

10 SHOULDER PRESS

1/2 MILE RUN

3-5 MIN REST

CORE WORK – COMPLETE 1-3 ROUNDS

30 SEC CRUNCHES

30 SEC BENT KNEE CRUNCHES (90° ANGLE)

30 SEC CRUNCHES (LEGS STRAIGHT UP)

COOL-DOWN (5-10 MIN)

STRETCH OUT WELL!

Created by Laura Forte

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