

Niki's Body Burn Workout

June 28th 2012

- Lying Sandbag Pullover Press x 8 reps
- Kneeling Sandbag Curl Press x 8 reps
- Sandbag Squat Kicks x 16 reps
- Sandbag Lateral Jump Get Down Push Up x 4 reps
- Lying Sandbag Pullover Sit Up & Press x 8 reps

Repeat for 8 rounds - NO REST