

HAPPY EASTER WORKOUT



Repeat circuit 3-4 times through adding 5 reps each time.

THE BUNNY HOP: 10 reps

Land on the ball of the foot as you hop.
Squeeze abs to support lower back.



EASTER EGG HUNT: 10 reps

*Hide 10 eggs for
10 pushups.

Pull navel towards the spine.
Keep elbows in to sides for triceps push-ups.

ROLL LIKE A JELLY BEAN: 10 reps

CHALLENGE: Keep your legs lifted!