

THE FIT HABIT

BY CAREN MAGILL



Super set 3x

Push ups

Lateral shoulder raises

Bent over rows

10 jump squats

Superset 3x

Chest press

Shoulder press

Tricep dips

10 jump squats

Superset 3x

Upright rows

Bent over flies

Down dog push ups

10 jump squats

Superset 3x

Shoulder taps

Chest flies

Bicep curls

10 jump squats & stretch!

Prefer online workouts you can follow along with? Feel free to reach out. I'm happy to provide some recommendations for programs you can do from home with minimal equipment and time.