



November Workout 2

Perform each group of each set 3 times through
12x each

Upright Row

Deadlifts

Side Lunge Tap

Bicep Front and Side

Low Front Squat

Side Lunge Tap

Tricep Pushup

Chest Fly on Stability Ball

Side Lunge Tap

Back Row

Lateral Front/Front Lateral

Side Lunge Tap