

SHACK BLAST FULL BODY BURN

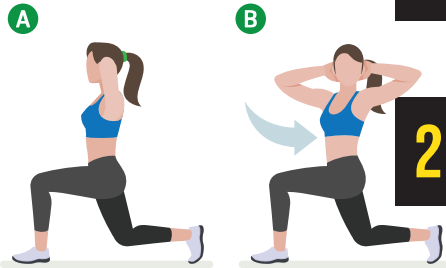
THE FITNESS SHACK

www.fitnesssylvania.com



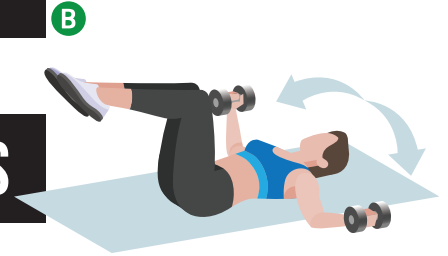
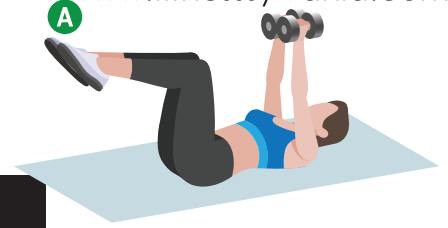
1 STAR JACKS • 45 SECONDS

REST 15 SEC



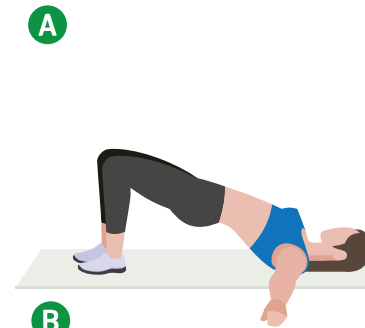
2 LUNGE TWIST • 45 SECONDS

REST 15 SEC



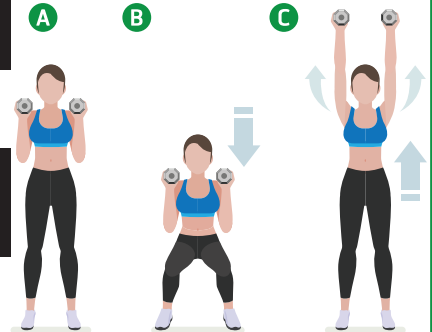
3 BRIDGE KICKS • 45 SECONDS

REST 15 SEC



4 SIDE RAISES • 45 SECONDS

REST 15 SEC



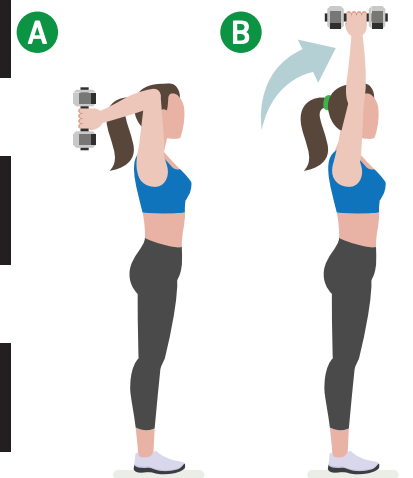
5 FLYES • 45 SECONDS

REST 15 SEC



6 SQUAT PRESS • 45 SECONDS

REST 15 SEC



7 TRICEPS EXT. • 45 SECONDS

REST 2 MIN



**REPEAT 3X OR 4X
DEPENDING ON YOUR FITNESS LEVEL**



Physician Approved Fitness