

Balwearie Days of the week Workouts

M Mountain Climbers
O Over Head Reaches
N Ninja Jumps
D Dips
A Alligator Walks
Y Y Balance Kicks

T Triceps Dips
U Upside down kicks
E Elbow Planks
S Squat Jumps
D Down & Ups
A Army Rolls
Y Y Raises

W Windshield Wipers
E Elbow to knees
D Dips
N Ninja Jumps
E Elbow Planks
S Squat Jumps
D Down & Ups
A Alligator Walks
Y Y Raises

T Triceps Dips
H Heel Raises
U Upside down kicks
R Rebound Jumps
S Sumo Squat Jumps
D Dips
A Arm Raises
Y Y Balance Kicks

F Floor to Sky Jumps
R Rebound Jumps
I Inch Worms
D Donkey Kicks
A Army Rolls
Y Y Raises

**Do each exercise
x3 – x10 times**