

Little Black Dress Shape Up.

Walk in place for warm up

Stretch

Bi cep curls with lunging back same arm same leg
switch legs 3 sets of 12

Tri cep extensions with a squat
3 sets of 12

Side lateral raises one arm at a time with side leg lift. opposite leg opposite hand
3 sets of 12

curtsey lunge with front pull ups to chins
alternating 3 sets of 12

overhead presses 3 sets of 12

flys with bent elbows 3 sets of 12

alternating front lunges with arms straight down

ab workout