

EMILY SKYE AND WELL + GOOD'S

#IAMWELLANDGOOD FITNESS PLAN: FRIDAY

Complete six rounds of this circuit.



SIDE LUNGE PUSH-OFF (10 REPS PER SIDE):

Step to the side, bending one knee.



SPIDERMAN CLIMBERS (10 REPS PER SIDE):

Bring your left foot up to your left hand. Alternate.



CURTSEY LUNGE (10 REPS PER SIDE):

Step one leg back, bending both knees.



BICYCLE CRUNCH (12 REPS PER SIDE):

Touch your right elbow to your left knee, using your abs.