

# SAMMY & JOEL'S

## WORKOUT OF THE WEEK #1

|  |   |
|--|---|
| KETTLE BELL SQUAT<br><b>X 10</b>           | KETTLE BELL BENT<br>OVER ROW<br><b>X 10</b> |
| PUSH UPS<br><b>X 10</b>                    | LEG RAISES<br><b>X 10</b>                   |
| BICEP CURL<br><b>X 8</b>                   | SHOULDER PRESS<br><b>X 8</b>                |
| REVERSE LUNGE<br>(EACH SIDE)<br><b>X 8</b> | SIT UPS<br><b>X 20</b>                      |

DREAM BIG