ARM + CORE WORKOUT Tall Blonde Bell

FOCUS: CARDIO THAT TONES ABS, LEGS, AND ARMS

TIME: 10 minutes

What You Will Need

- Mat or towel
- Confidence
- This workout can be done at home or in the gym.

The Workout Click HERE for the how to video DO THREE SETS of the following with a 15-30 second break in between

15 Commandos // Put knes on the ground for low option

- 30 Heel Touches (L+R is 1 rep)
- 15 Jack Pushups // Put knees on the ground for low option
- 30 Bicycle Crunches (L + R is 1 rep)

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Lord,

Help me put aside all of my worries and anxieties today and pause. Help me glorify you in this workout. I am beautiful and was made in your image.

Amen