

# 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 knees 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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