

Be Creative and use what you've got at home

Lisa Niglia



Name : 1. Ager Eraser Warm Up
2. Skinny Jeans workout No.1

Date : April 22, 2020

Consultant

Skaters				Star Jump				Walking Plank around the clock				Side step over			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	1min			2-3	1min			2-3	1min	Hand Right then	walk Left	2-3	1min		
BB Or DB Shoulder Press				Reverse Leg Lifts				Push from ball or Floor				Side Double leg Raise			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	15			2-3	20			2-3	20			2-3	20ea		
DB Chest Press Ball or Floor				Wood chop				DB Side Raise				Tricep Salutes			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	20			2-3	10ea			2-3	20			2-3	20		