WOULD YOU RATHER WORKOUT

CHOOSE ONE EXERCISE FROM EACH LINE
CLICK ON THE NAME TO VIEW A VIDEO OF EACH EXERCISE

THIS

30 HIGH KNEES
10 LUNGE W/ KICK
8 PULL UPS
10 SQUAT JUMPS
12 BENCH PRESS
12 HAMSTRING CURLS
10 FRONT & LATERAL RAISES
8 BURPEES
10 DUMBBELL ROWS
15 MOUNTAIN CLIMBERS

OR

15 LATERAL JUMPS
8 PRISONER GET UPS
12 CABLE LAT PULLDOWN
10 BULGARIAN LUNGES
10 PUSH UPS
10 DUMBBELL DEADLIFTS
12 DB SHOULDER PRESS
12 KETTLE BALL SWINGS
10 CABLE SINGLE ARM ROW
10 PLANK TOUCHES

Complete your list 1-3 times, # reps are per side
Rest for 30 sec - 1 min between exercises
Decrease # of reps as needed to maintain good posture, form & breath

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