



**THE MUM GYM**

*Jan Day 1  
Workout*

## **Warm-up**

## **Workout**

**3 rounds of the following:**

**Front lunges x 12 each leg**

**Bicep Curl x 12**

**Goblet Squat**

**Chest Press**

**Single leg deadlift & press (r)**

**Single leg deadlift & press (l)**

## **Finisher**

**20 secs on / 10 secs off**

**Toe taps**

**Side squats**

**High knees**

**Walk outs**

