



# January Jumpstart Workout

WORKOUT A	Set #1	Set #2	Set #3	Set #1	Set #2	Set #3
A) Split Squats: 3 sets of 10 reps						
Step Ups: 3 Sets of 10 Reps						
B) Chair Hip Ext: 2 sets of 20						
Sumo Squat On Toes: 2 Sets of 20						
C) Curtsy Lunges: 3 Sets of 10						
Sumo Deadlift: 3 Sets of 10						
WORKOUT B	Set #1	Set #2	Set #3	Set #1	Set #2	Set #3
A) DB Curls: 3 Sets of 10						
TRX Tricep Ext: 3 Sets of 10						
B) Front /Side Raises: 3 Sets of 10						
TRX Push Up: 3 Sets of 10						
C) Double Crunch Extension x 20						
Side Crunches on Bosu x 20 total						



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