

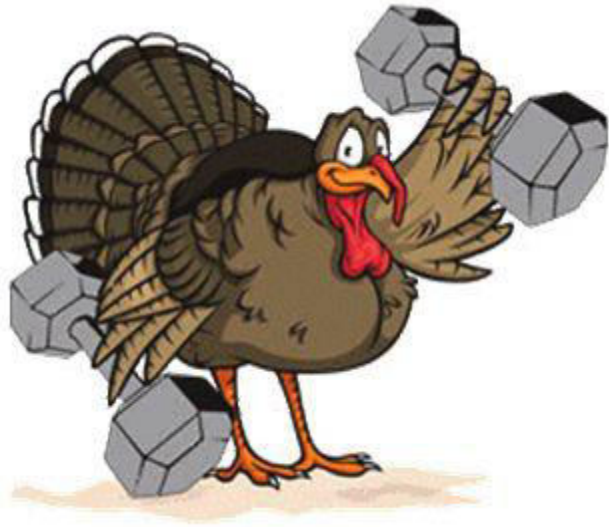
Directions:

- *Perform workout as a circuit, going from one station to the next in succession.
- *Each station lasts 60 seconds so get as many reps in as possible
- *Allow 15 seconds in between stations
 - *Rest 2 minutes after each circuit
 - *Repeat 2 more times



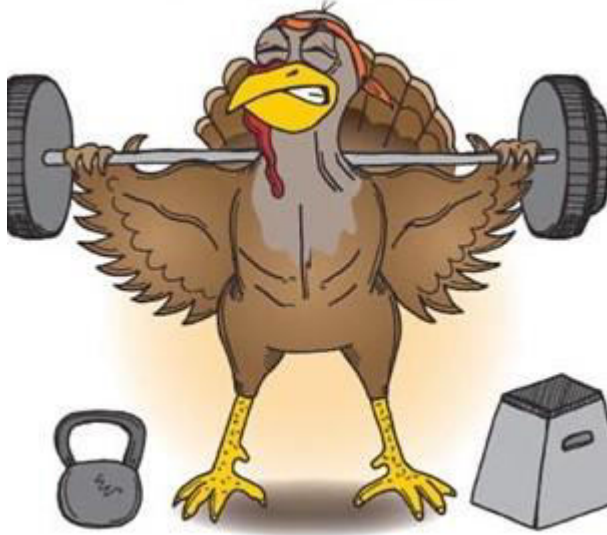
Lateral Hurdle Jumps



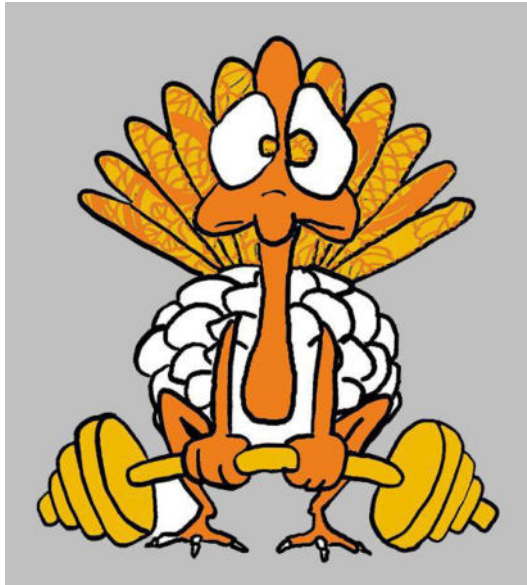


Dumbbell Squat and Press





Push Up Position-Alternating Row

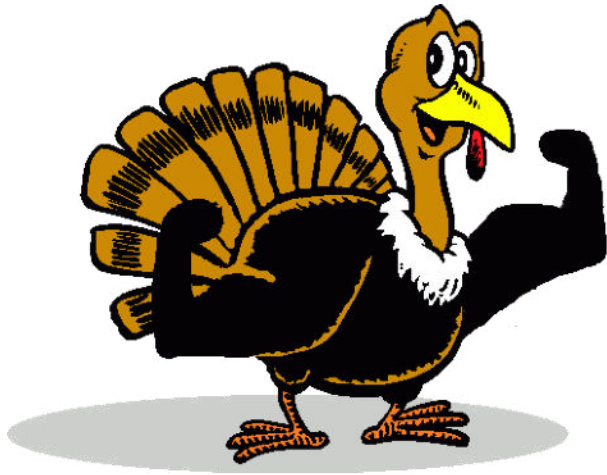


Dumbbell Squat and Twist



Stability Ball Knee Tucks





Jump Rope



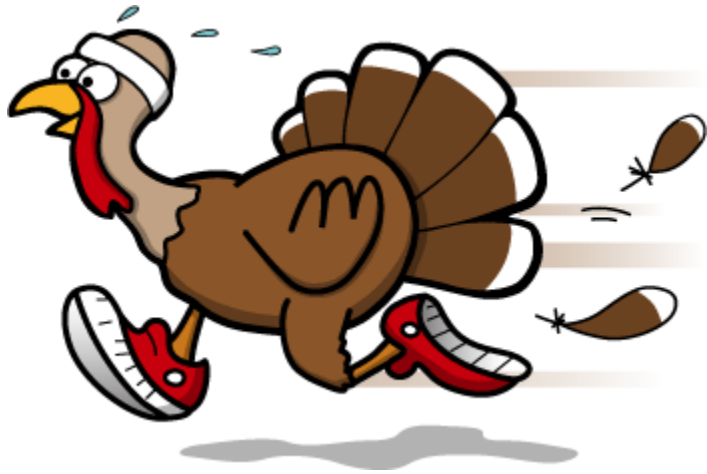
Do it for the pie!



Crossover Push Ups



Dumbbell Overhead with Alternating Lunges



Kettlebell Upright Row



"Here's the REAL secret to our lean, meaty turkeys!"



Butterfly Crunches