

WORKOUT OF THE WEEK

Circuit designed to increase strength and fitness

Complete 2 to 5 rounds

Push Press	20 reps
Mountain Climber	20 reps
Alternating Medicine Ball Pushups	20 reps
Skaters	20 reps
Single Arm Back Row (each arm)	20 reps
Step Back Lunges (each leg)	20 reps

Check out the Vibe YouTube channel for the video