

## 20 min Full-Body ME Workout #1

Perform 5 rounds of the following circuit, rest as needed, use same wt entire time

Exercise	Weight	Reps
Lunge/Bent-Over Row	12-20	10 ea leg
Push-up/Row	12-20	10 (count push-ups)
Squat/Shoulder Press	12-20	10
Squat/Biceps Curl (curl at bottom of mov't)	12-20	10

**Finisher:** 1 minute of Moving Plank--start on elbows, come up to hands & back down. Up, up, down, down, etc