



DAILY CONDITIONING

Practice this routine everyday!

15 Pushups

10 Single Leg Squats Left

10 Single Leg Squats Right

10 Burpees

15 Bicycles

15 Pliés

10 Pushups

10 Burpees

20 Squats

Plank for 1 minute

Repeat 1 – 5 times

**Most important of all:
Be Awesome.**