



WeightLoss & Training.com

30 Minute Workout

Exercise	Set 1	Set 2	Set 3
5 Minutes Jumping Rope	warm -up with this for 5 mins		
Push Ups (aim for 12 reps)			
Crunches on Stability Ball (aim for 15)			
Deadlift (aim for 10)			
Squat and Press (aim for 10)			
Bicep Curls (aim for 10 reps)			

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)