

# Friday Workout 8/24

NIT2WINFITNESS

Muscle Group	Exercise	Repetitions	Sets
Cardio	Jump Rope	30s	3
Shoulders	Front & Side Shoulder Raise	30s	3
Legs/Biceps	Upright Row to Bicep Curl w/Squat	30s	3
Cardio	Jump Rope	30s	3
Legs/Triceps	Lunge w/Overhead Extension	30s	3
Cardio	Jump Rope	30s	3