

ROBERTA'S WORKOUTS 7/7/09

2 SERIES OF 5 EXERCISES, 3 ROUNDS EACH:

1. MEDICINE BALL LUNGE WALK
2. DUMBBELL BENCH PRESS ON STABILITY BALL
3. BAND TWIST
4. STABILITY BALL CRUNCH & TWIST
5. STABILITY BALL HIP RAISES

1. DUMBBELL SQUAT & IRON CROSS
2. DUMBBELL CURL & PRESS
3. DIPS
4. SIDE LEG LIFTS FOR GLUTES
5. SIDE OBLIQUE CRUNCHES

2-4 ROUNDS