



with Lee Chin



Monday Week 6 - Bums & Calorie Burning

2 x 8 Minutes

Squats **15 reps**

Plank **1 min**

Sit up & Twist **15 reps per side**

Leg Raises **15 reps**

2 x 8 Minutes

Tricep Dips **15 reps**

Burpee **10 reps**

Jump Squat **15 reps**

Knee Ups **15 reps per side**