

Kandice's

Cupcake Workout

Wacky Jacks 50

Ball Crunches 7 back down 1-5 lb ball

Wacky Jacks 40

Dumbbell Squat w/ OvH Press 15

Wacky Jacks 30

Side Tilt Crunch 10 left, 10 right x4 Sets

Wacky Jacks 20

Plank Leg Raise 20

Wacky Jacks 10

Lat Pull Down 10 reps x3 sets

Wacky Jacks 20

Chair Swings 20

Wacky Jacks 30

Active Plank 20

Wacky Jacks 40

Alt Limb Raises 50

Wacky Jacks 50

For the “Cupcake Tops” on all of us! Isolate your notorious “Muffin Top” Core, and Oblique. Ask Kandice how to perform exercises