

Kandice's

# Disney Princess Workout

Speed Rope 50

2 Dumbbells: Floor Fly 5-8lb 15 x 3

Scissor Rope 40

1 Dumbbell: Floor Ovh Reach 5-8lbs 15 x 3

Speed Rope 30

2 Dumbbells: Squat Bicep Curl 8-10lb 15 x 2

Scissor Rope 20

2 Dumbbells: Squat Deltoid Fly 5-8lb 15 x 3

Speed Rope 10

Calf Raises: 15 x 3

Scissor Rope 10

Jane Fonda's: 10 x 3 per leg

Speed Rope 20

Sitting: Internal Thigh Elevation 15 x 3

Scissor Rope 30

Hamstring Push-ups: 10 x 3 per leg

Speed Rope 40

Scissor/Squat Jumps: 10 x 3

Scissor Rope 50

The well-rounded, full body workout every Disney Princess needs!  
Ask Kandice how to perform exercises.

Adjust weight according to strength progress.