



SUPER HEROES

MWR FITNESS SERIES

WONDER WOMEN WORKOUT



10 JUMP SQUATS



20 SQUAT PUNCHES



10 SIDE KICKS R/L



20 FRONT KICKS R/L



5 PLANK ROTATION R/L



HOP OVER 20

MWR FITNESS TIP: ADVANCED EXERCISERS DO 3-5 ROUNDS; BEGINNERS START WITH 1-2 ROUNDS, INCREASE ROUNDS AS YOU GROW STRONGER.