

ONE SET WONDER

MWR TRAINER TIP: BEGINNERS START WITH 10 REPS AND ADD 2 REPS EACH TIME YOU DO THE WORKOUT. DO ONE SET OF EACH EXERCISE AND YOU ARE DONE!



50 CRUNCHES



25 LEG LIFTS



50 BICYCLES



25 SQUATS



50 LUNGES



**100 ARM CIRCLES
(50 FORWARD 50 BACK)**



20 PUSHUPS



1 MIN PLANK



50 CALVE RAISES