

One Mother Runner 300 Workout

Begin with seven-minutes of cardio



Plyometric Squat



Overhead Press



Upright Row

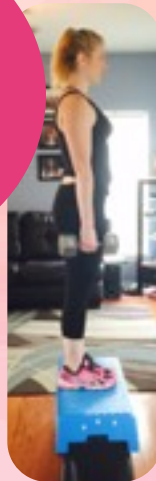


Reverse Lunge w/ lateral row

Perform 1-3 minutes of cardio between sets



Chest fly with abdominal crunch on BOSU



Step-up on high bench



Walking lunge w/ bicep curl

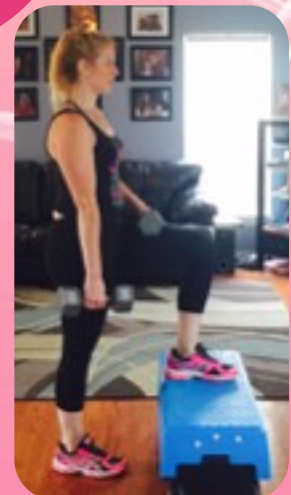
Perform 30 reps of each exercise



Tricep Kickback



Tricep Dips



Step-off on high bench