

## **Snowball Workout with Sarah Horstman**

**Start with exercise 1 then do 1 and 2 then do 1,2 and 3. Then 1, 2, 3, 4. Continue this way until all exercises are done!**

- 1. 10 jumping jacks**
- 2. 8 squats or tuck jumps**
- 3. 8 pushups**
- 4. 10 Russian twists or crunches**
- 5. 10 triceps dips**
- 6. 8 Step back lunges (8each side)**
- 7. 10 bent over rows or renegade rows (row from a plank position)**
- 8. 10 skaters (10each side)**
- 9. 10 bicycle crunches**
- 10. 10 burpees**