**25**

**UNGES**

**D**

**26**

**L**

**O**

**V**

**E**

**B**

**O**

**O**

**T**

**C**

**A**

**M**

**P**

**RAWL** (25 meters each)

**Hip bridges, Sec of: L Side Plank R Side Plank, & Regular Plank**

**2 14**

**Then….**

(x3)

**BEAR**

**3**

Valentine’s Day Workout

**UBLE UNDERS**

**BURPE**

**25**

**S**

**ICEP CURLS**

**VERHEAD PRESS**

**BLIQUE V-UPS**

**RICEP PUSH-UPS**

**IKE PUSH-UPS**

**10**

**AN-MAKERS**

**RM CIRCLES**

**10**

**25**

**10**

**15**

**20**

**20**

**25**

**JUMPS**