

10 MINUTE
BOOTY BLASTER
STROLLER WORKOUT

1 MINUTE BODY SQUATS

40 SEC REST

1 MINUTE SQUAT JUMPS

40 SEC REST

1 MINUTE SPLIT SQUAT TO LEG RAISES
(30 SEC EACH LEG)

40 SEC REST

1 MINUTE MOUNTAIN CLIMBERS

40 SEC REST

1 MINUTE CROSS OVER SIDE LUNGES

40 SEC REST

1 MINUTE LEG RAISES
(30 SEC EACH LEG)