

Class with Meg available to view recorded on UpLift's Facebook	DATE:			DATE:			DATE:		
	12-15REP	12-15REP	12-15REP	12-15REP	12-15REP	12-15REP	12-15REP	12-15REP	12-15REP
<b>LEGS</b>									
Plie Squat - High to Low									
<b>CHEST - Pushups</b>									
Wall or Floor w/toes or knees									
<b>CORE</b>									
Heels or Boat pose or V-sit									
<b>BACK</b>									
Plank to row & opposite leg raise									
<b>LEGS</b>									
Step up or knee up to press									
<b>TRICEPS</b>									
Dips on chair									
<b>SHOULDER</b>									
Catcher Burpies hop or step									
<b>GLUTES</b>									
Heels on floor, chair or single leg									
<b>CORE</b>									
Bicycles									

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