

— SCULPT SESSION —

ABS, THIGHS, & BUTT

After warming up with light cardio for three minutes, **repeat each three-exercise circuit twice**. Stretch for three minutes to cool down.

CIRCUIT 1



SIDE LUNGE TO CURTSY SQUAT

10 reps, each side



WOODCHOP

12 reps, each side



SINGLE-LEG TOUCH

12 reps, each side

CIRCUIT 2



SUMO SQUAT SERIES

10 squats
10 pulses each side



ELBOW PLANK W/ ALT. ARM REACH

20 reps, alt. sides



CRUNCHY FROG

20 reps

CIRCUIT 3



HALF BANANA

20 reps, alt. sides



DONKEY KICK PULSES SERIES

30 pulses
each position, each side



PILATES SWIMMING

20 reps, alt. sides