

Fitness Friday

200 Rep. Challenge Booty Workout

- **25 Jumping Squats**
- **20 Walking Lunges**
- **20 Squats**
- **15 Plie Squats**
- **15 Side Lunges (each side)**
- **20 Donkey Kicks (each side)**
- **15 Leg Circles (each side)**
- **20 Hip Bridges**