



ABS

- 30 Seconds Modified Pilates Hundred
- 1 Minute Pelvic Tilts (12 reps)
- 15 Seconds Plank
- 1 Minute Pelvic Bridge (12 reps)
- 30 Seconds Modified Pilates Hundred
- 1 Minute Window Washer Obliques
- 15 Seconds Plank
- 30 Seconds Modified Pilates Hundred

WWW.FABHAUTEMAMA.COM



ARMS

- 30 Seconds Arm Circles
- 30 Seconds Dips
- 15 Seconds Pushups
- 30 Seconds Dumbbell Floor Press
- 30 Seconds Dumbbell Front Raise
- 15 Seconds Pushups
- Repeat 2x

WWW.FABHAUTEMAMA.COM



LEGS

- 30 Seconds Jumping Jacks
- 30 Seconds Squats
- 15 Seconds Plank
- 30 Seconds Calf Raises
- 30 Seconds Lunges
- 15 Seconds Plank
- Repeat 2x

WWW.FABHAUTEMAMA.COM



GLUTES

- 30 Seconds Sumo Squats
- 30 Seconds Walking Lunge
- 15 Seconds Plank
- 30 Seconds Prone Leg Raises
- 30 Seconds Kick Backs (15 sec. per leg)
- 15 Seconds Plank
- Repeat 2x

WWW.FABHAUTEMAMA.COM