

AMRAP WORKOUT FOR MOMS

**DEAD
BUG**

SQUATS

BRIDGES

**DO AS MANY
ROUNDS AS
POSSIBLE**

REST AS NEEDED

**SET A TIMER
FOR 20
MINUTES**

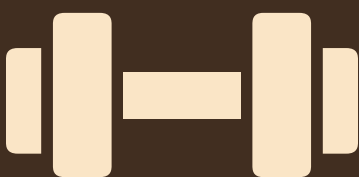
**WALL
PUSHUPS**

**12 REPS OF
EACH EXERCISE**



ROWS

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