

Amber's Exercise Routine

Yay!

Legs	Abs	Biceps	Cardio
<input type="checkbox"/> Squats	<input type="checkbox"/> plank	<input type="checkbox"/> Curls	<input type="checkbox"/> jumping jacks - 3 sets of 20 each
<input type="checkbox"/> Leg Curls	<input type="checkbox"/> sit-ups	<input type="checkbox"/> Tricep extentions	<input type="checkbox"/> treadmill
<input type="checkbox"/> Leg Hamstring	<input type="checkbox"/> abs leg raises	<input type="checkbox"/> chest pull	<input type="checkbox"/> ellipse
<input type="checkbox"/> Calf raises	<input type="checkbox"/> mountain climber	<input type="checkbox"/> bench press	<input type="checkbox"/> bicycle

- Each 3 sets of (10 reps or 30 seconds if plank) or 5 minutes if cardio