

# fitbride® Bachelorette Party WORKOUT

## How it Works

Start with Circuit #1. Perform each exercise for 2-minutes, then move onto the next. The goal is to complete as many reps as you can for each exercise (be sure to write this number down).

Repeat for Circuit #2.

## Completed!

Yay! You've completed the Bachelorette Party workout! 🎉

Tally up the total number of reps that your entire bridal party completed and mark it in the box below.

### Bride Tribe Total Reps

(Your combined total)

## Share!

Share your results on social! We want to see your bride tribe in #fitbride action!

Tag @\_fitbride\_ and @shopstagandhen for your chance to be featured!



## Circuit #1



2 MIN Jumping Jacks

TOTAL REPS



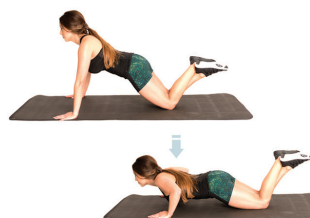
2 MIN Right Leg Lunge

TOTAL REPS



2 MIN Left Leg Lunge

TOTAL REPS



2 MIN Push-ups (traditional or modified)

TOTAL REPS

## Circuit #2



2 MIN Burpees

TOTAL REPS



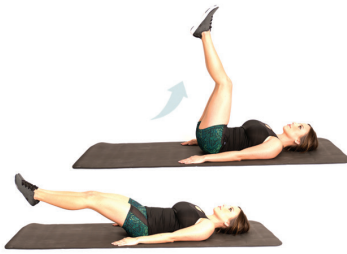
2 MIN Right Leg Donkey Kick

TOTAL REPS



2 MIN Left Leg Donkey Kick

TOTAL REPS



2 MIN Leg Raises

TOTAL REPS

My Total Reps (Both circuits combined)