

Describe The Workout **Answers**

- 1) Lift weights (dumbbells)
- 2) The plank on a gym mat
- 3) Lunge
- 4) Pull-up on a pull-up bar
- 5) Toning with a resistance band
- 6) Sit-up / crunch
- 7) Squat
- 8) Star jump
- 9) Jumping on a trampoline
- 10) Lift a weight disc