

RAFINHA'S PRIVATE TRAINING

3 ROUNDS

#45



1. JUMP SQUAT

☑ 5 REP

#59



2. PUSH-UP

☑ 8 REP



3. BENCH KNEE TO ELBOW

☑ 4 REP PER SIDE



4. CRUNCHES

☑ 10 REP



5. JUMP SQUAT +
PUSH UP +
KNEE TO ELBOW

☑ 10 REP



#5

6. BASIC PLANK

☑ 60 SEC

REST FOR 1 MINUTE

 WATCH THE VIDEO

BEFORE YOU START: CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE BEGINNING ANY FITNESS REGIME.

WANT MORE TRAINING?

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