

## Marine Miguel's Buns 'n Guns Workout

You will complete:

- 1 set of cardio exercises
- 2 sets of strength exercises
- 1 set of cardio exercises
- 1 set of strength exercises
- 1 set of cardio exercises

### CARDIO

30 Seconds Each

- High Knees
- In/Out Squat Jumps
- Speed Skaters

### STRENGTH (Compound Exercises)

15 Reps Each

- Reverse Lunge-Bicep curl to Press
- Bridge Up Down-Tricep Extension
- Pointers

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