

FULL BODY SLIM DOWN HOME WORKOUT FOR WOMEN

A quick full body home workout for women by trainer Christina Carlyle. See the workout in motion and more at www.ChristinaCarlyle.com | Mind Right, Body Tight®

1 CHICKEN WINGS



2 CURTSEY CURLS



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3 LUNGE PULL UPS

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4 SIDE HAMMER CURLS



5 SIDE EXTENSIONS

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6 PLIE PRESS



7 SINGLE LEG ROW

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8 HAMMER CURLS



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