

VICTORIA SECRET

Workout Routine

(Do all of these 4-5 times a week!)



Abs ♡

- 25 leg lifts
- 25 crunches
- 25 russian twists
- 30 scissors
- 1 minutes plank



Legs/butt ♡

- 100 side leg lifts (each side)
- 50 lunges (switch)
- 50 fire hydrants (each side)
- 50 butt kicks
- 30 squats
- 25 hip thrusts

Arms ♡

- 50 arm circles
- 20 arm pushes (forward)
- 20 arm pushes (upwards)



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Lingjun Ying



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