



Royally Fit: 18 Minute Legs, Arms & Abs

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Welcome to my new home! This is the 3rd place I've been in since starting Royally Fit Online. You'll be hanging out with me in my basement while I sweat, struggle, gain strength and become more badass. I think this one is a good start ;)

What you will need:

- 1 light weight

Warm-Up:

- 3 minutes of various movements – just get moving!

Workout: Complete these 3 exercises for 50 seconds on, 10 seconds off, 5 times through~~

- **4 jumps forward and back** – Great for your abs, cardio and legs, take this move will get you sweating. Separate your feet a little further than hip distance apart, toes pointing out, come down nice and low while you jump your body forward and back 4 times in each direction.
Modification: You can stay stationary and do nice controlled squats if the jumping bothers your back or joints in any way.
- **Right leg forward stationary lunge, with left arm lateral raise** – With your right leg forward and left leg behind you 3-4 feet (enough so your front knee doesn't go past the toes when you come down into a lunge) bend your knees to 90 degrees (or as far as you can) while you lift the left arm into a lateral raise working the shoulders.
- **Left leg forward stationary lunges, with right arm lateral raise** – Same thing as above on the opposite side

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant