

DAILY WORKOUT

THE DAILY 5

5 INCHWORMS

5 HIGH KICKS

5 WOODCHOPS

5 SPIDERMAN PUSHUPS

5 DONKEY KICKS

5 SUPERMANS

5 CROSS JACKS

5 BASKETBALL SHOTS

5 SIDE LEG RAISES

5 HEISMANS

note: if exercise is done on one side at a time, the number of reps indicated should be done on each side

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