



# kiana's plus +1 workout

1. +1 DB SUMO SQUAT
2. +BENT OVER ROWS
3. DB SUMO SQUAT
4. +CHEST PRESS
5. BENT OVER ROWS
6. +CURLS
7. CHEST PRESS
8. +SIDE RAISES
9. CURLS
10. +DIPS
11. SIDE RAISES
12. +BICYCLES
13. DIPS
14. +ALTERNATING REVERSE LUNGE TWISTS
15. BICYCLES
16. +DEADLIFTS
17. ALTERNATING REVERSE LUNGE TWISTS
18. +PUSH-UPS
19. DEADLIFTS
20. +FRONT RAISES
21. PUSH-UPS
22. +HAMMER CURLS
23. FRONT RAISES
24. +OVERHEAD TRICEP EXTENSIONS
25. HAMMER CURLS
26. +RUSSIAN TWISTS
27. OVERHEAD TRICEP EXTENSIONS
28. +SQUAT CURL PRESSES
29. RUSSIAN TWIST
30. +JUMPING JACKS

+1

## HOW IT WORKS:

SET THE TIMER FOR 30 ONE MINUTE INTERVALS. DO A NEW EXERCISE EACH MINUTE, REPEATING THE PREVIOUS EXERCISE PRIOR. THIS CHALLENGES YOUR BODY AND MIND!

USE YOUR OWN EXERCISES WITH THIS FORMULA. BE CREATIVE! CHALLENGE YOURSELF!

[WWW.KIANA.COM](http://WWW.KIANA.COM)