

# Goodbye Riggs

A. Ab Crunch HOLD

B. Burpee

C. Curl (Biceps)

D. Deadlift

E. Elbow to Knee

F. Fly (Bent-Over)

G. Glute Bridge

H. Hi-Lo Plank

I. Incline Push Up

J. Jump Squat

K. Kickback (Triceps)

L. Lateral Raise

M. Mtn Climbers

N. Narrow Push Up

O. Oblique Sit Up

P. Punches (L & R)

Q. Quick Feet

R. Renegade Row

S. Squat

T. Toe Touch Abs

U. Upright Row

V. V-Ups

W. Walking Lunge

X. X Jump

Y. Y, T, W, L

Z. Z Hops

**We will MISS you! We LOVE you!**