

HOP TO IT! EASTER WORKOUT



Wanna get sweaty and work off some of that chocolate? We've got a fun little Easter themed workout for you to smash out over the long weekend. It'll work your lower body, so by the end of it you'll have a different kind of hot cross buns. **Hop to it!**

WORKOUT

- 1** 10 x Bunny hops
- 2** 10 x Lateral jumps
- 3** 10 x Plank jacks
- 4** 10 x Pop squats

Do the workout as many times as you can, aim for 4 rounds.

