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April Workout of the Month

<http://www.homeschoolfitnesscoach.com/blog/april-workout-of-the-month/>

Okay ladies! Here's a really fun one to burn the fat and build the muscle. I call it "Pharaoh's Revenge"! Campers LOVE to hate this one. I'm challenging you now. There are 5 rounds of this workout. Do each exercise consecutively without rest until the end of the circuit. Rest 1 minute before starting the next round. Round 1: 30 sec. each exercise Round 2: 45 sec. Round 3: 60 sec Round 4: 45 sec Round 5: 30 sec. The Pyramid Squat and Press Rows Swings Push Ups (no knees allowed) Alternating Reverse Lunges High Pulls Planks Have fun! Post from: Homeschool Fitness Coach

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