

# Warrior Princess Strength Workout

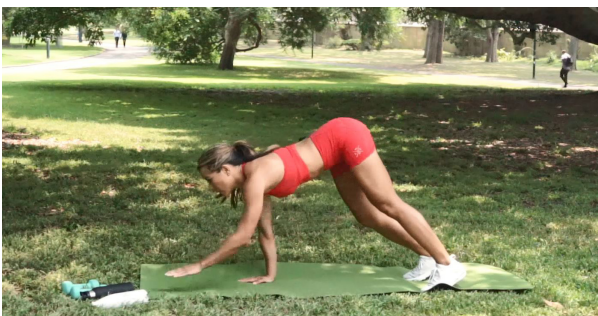
## 1. Squat and overhead



## 2. Arm circles



## 3. Walk down with shoulder tap



## 4. Bentover row with extension



## 5. Lateral lunge with bicep curl



## 6. Superman/ Backbow pull

