

**AUSTIN EAST BAND  
WORKOUT #1**

**1 LAP**

**25- AEH CLAPPERS**

**20 SEC. PLANK**

**35 - JUMPING**

**JACKS**

**12- PUSH-UPS**

**75YD. MARCH**

**10- AEH FLUTTER**

**KICKS**

**COMPLETE WORKOUT**