

# π Day Workout



Workout By Lisa Hinkle, MS, ACSM-EP

Have some fun “baking apple pie” in this workout! Complete 3 (.14) rounds of 1 minute of each exercise.



Picking Apples



Flour Bag Carry



Cracking Eggs



Egg Beater



Cinnamon Shaker



Apple Peeler



Apple Choppers



Apple Tossers



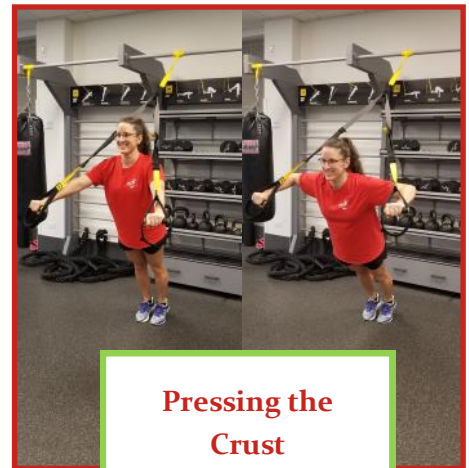
Stir the Bowl



Apple Bottoms



Rolling Out the Dough



Pressing the Crust