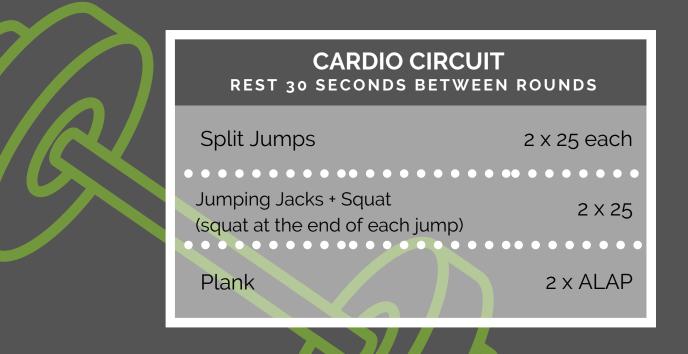




THIS IS GOING TO BE A TOUGH WORKOUT, BUT IT'LL BE WORTH IT!

ORDER	EXERCISE	SETS & REPS	REST
1	Squat Jumps	3 x 20	45 sec
2	Reverse Lunges	3 x 15 each	45 sec
3	Wide-Stance Bodyweight Squats	3 x 20	60 sec





TIME TO TEST OUT YOUR UPPER BODY STRENGTH!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups (from toes)	3 × AMRAP	60 sec
• • • • •	• • • • • • • • • • • • • •	••••••	• • • • • • •
2	Chair Dips	3 × AMRAP	60 sec
• • • • •	• • • • • • • • • • • • • •	• • • • • • • • • •	• • • • • • •
3	Soup Can Lateral Raises	3 × AMRAP	45 sec

CARDIO CIRCUIT REST 30 SECONDS BETWEEN ROUNDS		
Bicycle Crunches	3 x AMRAP in 30 sec	
Push-Up Shoulder Taps	3 x 10 each	
Plank	3 x 30 sec	