

Intervals at 45 seconds. Recover 30-60 seconds. 3  
Rounds

Overhead Press  
Reverse Lunge with kick  
Tricep Push Up  
Squat with lateral lift  
Pop Squat  
REST 30 SECONDS

Bicep Curls  
Jump Lunges  
Walking planks  
Speed Skaters  
Hip Thrusts  
REST 30 SECONDS

ABS X 2  
Bicycles 35  
Reverse Crunch 35  
V-Ups 35  
Russian Twists 35  
Leg Raises 35  
Plank 2 minute