

5 Minute Finisher

Set timer for 5 minutes

1 Jump Squat

1 Push Up

1 Mountain Climber

Repeat this circuit and increase the reps by 1. Try to get your reps as high as possible until the timer runs out.

25-12-6 Sets (Complete 3 Rounds) (10-15 Minutes)

Circuit #1 – Jump Squats (25), DB Squats (12), DB Split Squats (6)

Circuit #2 – Triceps Push Ups (6), Diamond Push Ups (12), Push Ups (25)

Abs Finisher

Complete 2-3 Rounds

15 Bicycle Crunches

15 Leg Raises

15 Jack Knives