

Session 3:

Pyramid Workout:

5 Sets in total. Complete:

- 15 reps for every exercise in the first set
- 12 reps for every exercise in the second set
- 9 reps for every exercise in the third set
- 12 reps for every exercise in the fourth set
- 15 reps for every exercise in the final set.

Squat w/ Biceps Curls

See-saw Presses

Stiff-legged Deadlifts

Burpees

Push Ups

Mat Hop Overs / Plank Jacks / Star Jumps

Renegade Rows

Skull Crushers

Bicycle Crunches

+ 100 Rope skips after every round (or 100 Running High Knees)

Ab Work:

40s On, 20s Off

Complete 1 Round

Zombie Sit Ups

Twisting Ab Crunches (L)

Twisting Ab Crunches (R)

Scissor Kicks

Side Planks (L)

Side Planks (R)

Low Planks

High Planks