

Session 1:

Complete 3 Sets of the following, rest between sets when needed

30s for first exercise, 45s for second exercise

Jump Squats (30s)	-	DB Squats (45s)
Stiff-legged Deadlifts (30s)	-	Reverse Lunges (45s)
Overhead Presses (30s)	-	Triceps Extensions (45s)
Running High Knees (30s)	-	Mountain Climbers (45s)
Skull Crushers (30s)	-	Renegade Rows (45s)
Push Ups (30s)	-	Chest Presses (45s)
Supermans (30s)	-	Plank Jacks (45s)

Ab Work:

12 Reps for the first round

10 Reps for the second round

8 Reps for the third round

Jackknives Or Zombie Sit Ups

Twisting Ab Crunches Or Bicycles (Both Sides = 1 Rep)

Scissor Kicks Or Leg Raises