

Session 3:

Every Minute On The Minute:

This one is tough! Complete the following circuits within one minute, the remaining time in that round will act as your rest time until the next minute ticks over. Complete 10 rounds for each circuit

Circuit 1:

6-12 Jump Squats

6-12 Push Ups

Circuit 2:

6-10 Mountain Climbers

6-10 Plank Jacks

6-10 Supermans

Circuit 3:

6-10 Squat and Presses

6-10 Bent Rows

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