



Burpees
Push ups
Tricep dips
Plank

Weighted squat clean & press Mountain climbers Commandos Split push ups

#### CIRCUIT ONE

Burpess



15 Push ups



Weighted squat clean & press



I al - I - st

Mountain climbers (25 each side)



20 Tricep dips (with or without feet raised)



30 Plank



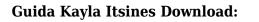
12 Split push ups





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