

Friday
12 & 4

FULL BODY WORKOUT

Burpees

Jump lunges

Lay down push ups

Sumo squats

Mountain climber push ups

Straight leg jackknives

Skipping

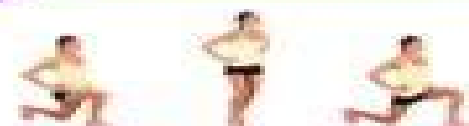
Commandos

CIRCUIT ONE

10
reps Burpees



30
reps Jump lunges (15 per leg)



15
reps Lay down push ups



15
reps Sumo squats



CIRCUIT TWO

15
reps 4 mountain climbers + 1 push up



15
reps Straight leg jackknives



2
mins Skipping



24
reps Commandos (12 each side)



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M Walker



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