Friday. 2 & 4

FULL BODY WORKOUT

Burpees

Jump lunges

Lay down push ups

Sumo squats

Mountain climber push ups

Straight leg jackknifes

Skipping

Commandos

CIRCUIT ONE

10 Burpees



30 Jump lunges (15 per leg)



15 Lay down push ups



15 4 mountain climbers + 1 push up



Straight leg jackknifes





15 Sumo squats



Commandos (12 sach sch)



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