

ADVANCED!!!

1. DUMBBELL WINDOW WASHER PRESSES 20LBS 15X
-INTERVAL RESISTANCE SHUFFLES
2. DIPS 15-20
-INTERVAL SPRINTS 2X
3. KETTLE BELL SQUAT 20X
-INTERVAL JUMP ROPE 15 1 FOOT/ 15 THE OTHER/ 50 BOTH.
4. BOSU CRUNCHES 20X
-12 BURPEES
5. 20 HEAVY BAND PULLS
-INTERVAL SQUAT JUMP PULLUPS 6X