



OPTIONAL EQUIPMENT

DB =DUMBBELLS OR
WEIGHTED BOTTLES

KETTLE BELL

CHAIR/BOX/OR COFFEE
TABLE

LOTS OF CAFFEINE ☹️

30 SECOND INTERVALS

- STATION #1** **DB SQUATS** (Challenge: lift heels up)
PLANK TO FROG STANCE (Challenge: add frog jump)
- STATION #2** **LUNGE JUMPS** (Challenge: add DB weight)
RUN FORWARD & BACK (Challenge: add burpee)
- STATION #3** **SINGLE LEG DEADLIFT** (Challenge: add DB weight)
WIDE MOUNTAIN CLIMBERS (Challenge: Move across room)
- STATION #4** **BOSU QUICK TAPS** (Challenge: bench step ups)
LONG JUMP FORWARD (Challenge: add sprawl)
- STATION #5** **KETTLE BELL SWING** (Challenge: alt windmill)
DWD DOG INVERTED LEG RAISES (Challenge: lift heel up)
- STATION #6** **BOXING**
KNEE KICK
JAB CROSS FRONT PUSH KICK
JAB CROSS HOOK SIDE KICK
WIDE STANCE CROSS PUNCHES/SPRAWL
- STATION #7** **ABS**
CRUNCHES WITH CRISSCROSS ARMS UNDER 90 DEGREE
KNEES
CRUNCHES WITH CRISSCROSS ARMS UNDER GLUTES
BICYCLE CRUNCH FLAT TO POINT TOE
3 POINT LEG LIFT CRUNCH
SIT UPS WITH WEIGHT OR OPEN ARMS