

Fit Workout

Coach John

Warm Up

3 Mins Stretch, 100 Jumping Jacks, jog in place 1 minute

Conditioning & Core x 3rds (perform exercises below. Rest 30 seconds between each exercise. Rest for 1 minute after completing all exercises and start from the top for a total of 3 times)

10 Burpees

25 Squats

20 Haybailers (with weight) - 10L/10R

50 Bicycle Crunches

25 Push Ups

30 Leg Raises

15 four point plank push ups

20 Alt Lunges - 10L/10R

Cool down:

1 minute plank