

Circuit - 030

For time

Warm up - Mountain climbers x 50

20 x Squats

19 x Jumping jacks

18 x Mountain climbers

17 x Squats

16 x Lunges

15 x Sit ups

14 x Leg raises

13 x Push ups

12 x Squat thrusts

11 x Sit ups

10 x Walkouts (double push up)

9 x Squats

8 x Touch floor star jumps

7 x Burpees

6 x Lunges

5 x Push ups

4 x Squat jumps

3 x Walkouts

2 x Touch floor star jumps

1 x Walkout (double push up)

Finisher - 2 min squat hold