

Circuit - 024

For time

50 Squat warm up

20 - Burpees

19 - Squat jumps

18 - Jumping jacks

17 - Spidermans

16 - Push up thrusters

15 - Squat thrusts

14 - Sit ups

13 - Burpee star jumps

12 - Push ups

11 - Side to side push ups

10 - Walkouts

9 - Burpees

8 - Push ups

7 - Squat thrusts

8 - Push ups

7 - Squat thrusts

6 - Squats

5 - Push up jumps

4 - Burpees

3 - Walkouts

2 - Burpee star jumps

1 - Walkout

Finisher - 2 min plank