

Circuit - 027

For time

Run 5 mins warm up

Burpees x 15

Push ups x 12

Diamond push ups x 12

Wide push ups x 12

Sideways BearCrawl

Touch floor star jumps x 20

Squat thrusts x 30

Lunges x 40 (20 each leg)

Narrow to wide star jumps x 20

5 shuttle runs + 1 min plank

Sit ups x 25

Burpees x 10

Touch floor star jumps x 10

Walkouts x 10

Squat jumps x 10

Leapfrog burpees + 1 min squat hold

Sit up twists x 30

Burpees x 10

Sit ups x 40

Walkouts x 10

Finisher - leapfrogs x 5