

Circuit - 025

For time

30 secs running between sets

Squat thrusts x 30

Burpees x 20

Squats x 30

Sit ups x 30

Walking lunges

Spidermans x 20

Jumping jacks x 30

Side to side push ups x 20

Leapfrog burpees

Squats x 50

Burpee star jumps x 10

Squats x 50

Burpee star jumps x 10

BearCrawl

Pull ups x 30

Tricep dips x 30

Finisher - 2 min plank + 5 laps