

Circuit - 031

For time

Warm up - Step ups 1 min

20 x Burpees

19 x Press up hand taps

18 x Squat jumps

17 x Jumping jacks

16 x Touch floor star jumps

15 x Press up squat thrusts

14 x Side to side push ups

13 x Walkouts

12 x Wide push ups

11 x Burpees

BLITZ

10 x Lunges (5 each leg)

9 x Touch floor star jumps

8 x Narrow push ups

7 x Squat jumps

6 x Squat thrusts

5 x Walkouts

4 x Burpees

3 x Walkouts

2 x Burpees

1 x Walkout

BLITZ =

Burpees x 5

Walkouts x 5

Hyper squats x 5

Fast feet x 5 secs

Burpees x 5