

Circuit - 028

For rounds

Knuckle push ups x 20

Slayers x 5

Sit up toe touches x 20

Slayers x 5

Alt hand kick push ups x 20

Slayers x 5

BLITZ

Slayers x 5

Dorsal raises x 20

Slayers x 5

Flex plank x 20

Slayers x 5

BLITZ =

Burpees x 5

Walkouts x 5

Hyper squats x 5

Fast feet x 5 secs

Burpees x 5