

Circuit - 026

For time

Burpees x 50 for warm up

30 secs running between sets

Sit ups x 25

Squat jumps x 15

Spidermans x 20

BearCrawl

Burpees x 15

Jumping jacks x 25

Lunges x 20 (10 each leg)

Leapfrog burpees

Sit ups x 25

Burpee star jumps x 10

Press ups x 20

Walking lunges

Side to side push ups x 20

Squats x 25

Walkouts x 15

Finisher - 2 min plank