

Circuit - 018

For time

Sit up twists x 100

Burpees x 12

Slayers x 12

Gypsy burpees x 10

BLITZ

Press ups x 12

Bastards x 10

Power push ups x 12

BLITZ

Tuck jump x 12

Squat jump x 12

Walkouts (2 x push up) x 12

BLITZ

Plank and press x 12

Seated heel raise x 12

Quad spear press x 12

Sit ups x 100

BLITZ = Burpees x 5

Walkouts x 5

Hyper squats x 5

Fast feet x 5 seconds

Burpees x 5