

Circuit no 001

In-between each set 3 devil presses from 20 - 10. Moves to 5 box jumps from 10 -1.

20 - Squats

19 - Jumping jacks

18 - Mountain climbers

17 - Squats

16 - Lunges

15 - Sit ups

14 - Leg raises

13 - Push ups

12 - Squat thrusts

11 - Sit ups

10 - Walkouts

9 - Squats

8 - Touch floor star jumps

7 - Burpees

6 - Lunges

5 - Push ups

4 - Squat jumps

3 - Walkouts

2 - Touch floor star jumps

1 - Walkout

FINISHER - 2 min plank